



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

Families in Focus City Wide Bulletin

Summer 2020

Hello and welcome to the Citywide Bulletin from the Families in Focus team. This bulletin is packed full of activities and information that families can use to keep occupied over the summer break and prepare for return to school in September.

We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

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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Family Activities and Resources



Playday 2020
Wednesday 5th August 2020

EVERYDAY FREEDOMS EVERYDAY ADVENTURES

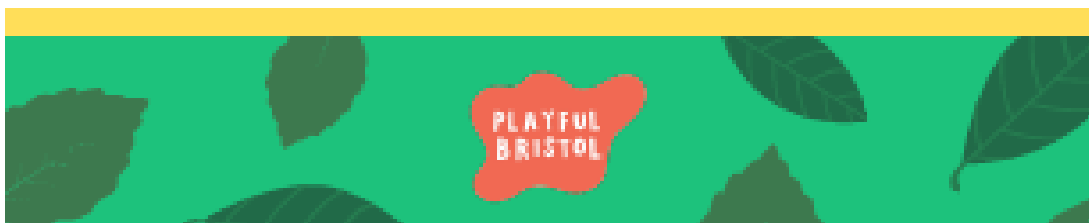
Playful Bristol are busy organising a different kind of Bristol Playday!
Opportunities for socially distanced outdoor play coming to a green space near you - think nature crowns, giant chalk takeover, activity trails, bug-hunting and more...

A specially collated booklet of play ideas will be distributed to community hubs during the run-up and will also be available for families to take away from park events on Playday itself.

More information coming soon!

Check:

<https://www.playfulbristol.org/>
<https://www.facebook.com/PlayfulBristol/>
<https://www.playday.org.uk/>



Come and Play!

Summer Sessions
July - September 2020

For children, young people + families
with limited or no outdoor space +
children with support needs.
Up to 16 yrs.

Exclusive access to
each site will be
available for small
numbers per session,
so book up yours
soon as you can!

Free!

Both our sites are closed to the public, so come and
enjoy our woodlands, bring a picnic and play!
Or visit our farm and meet our friendly animals.
Staff will be available to welcome you and all our
sessions will be socially distanced. Handwashing and accessible
toilet facilities at each of our available locations also.

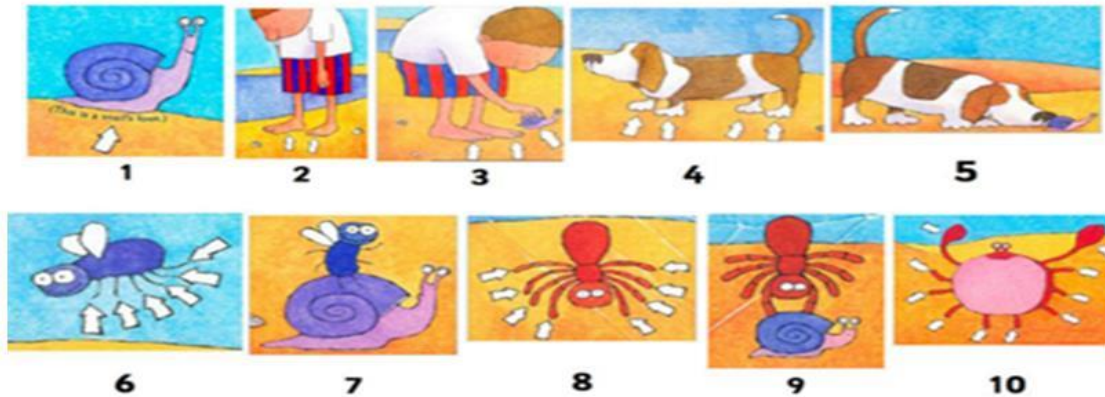
FOR MORE INFO EMAIL: cultivate@swcityfarm.co.uk
Look at our sites here: www.swcityfarm.co.uk

Registered Charity no: 297091

Poster by: www.ursulafreeman.com

**COMMUNITY
LEARNING**

**Learning
Together!**



One is a Snail Ten is a Crab

Join in the fun Wednesday mornings from 10.30

Starting 26th June

**Lots of ideas and activities for all the family to enjoy
doing Maths together**

Free Book !

Taught online using Zoom and Google Classroom. We can help you to get online

Contact Helen on 07760990855 or email at helen.richards@bristol.gov.uk

More information on our website
www.communitylearningwest.net

**WEST OF
ENGLAND**
Combined Authority

BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



**COMMUNITY
LEARNING**

**Learning
Together!**



We're Going on a Bear Hunt! Family First Aid made fun

**Join in the fun when you can and learn how to deal with
accidents that could happen along the way!**

21st, 22nd, 23rd, 28th, 29th, 30th July

10.00 till 12.00

Free Book

**Taught online using Zoom and Google Classroom. We can help
you to get online**

**Contact Helen on 07760990855 or email at
helen.richards@bristol.gov.uk
to book place.**

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**COMMUNITY
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**Learning
Together!**

Look what we have made !



Cooking together online!

Join in the fun and watch live cooking demonstrations on line and join it too if you can!

Thursday mornings 10.00 till 12.00

We will be making summer foods, jams ,cakes all on a budget !

Taught online using Zoom and Google Classroom. We can help you to get online and help with ingredients!

Contact Helen on 07760990855 or email at helen.richards@bristol.gov.uk
More information on our website
www.communitylearningwest.net

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July Newsletter

REMINDER: If you have requested to join our closed group on Facebook (Fun 4 Families South Bristol), **PLEASE ANSWER ALL QUESTIONS** - this is part of our safeguarding policy and we cannot accept you otherwise!



COMMUNITY
FUND

We are thrilled to bits that we have been accepted for funding from the National Lottery, which will help us to support the community with lots of exciting things planned over the summer months and beyond! Please get in touch via email or text with ideas and suggestions!

Our #SavingSoreEars campaign was a HUGE success as we asked members of the community to help sew headbands for key workers & NHS staff so the face masks wouldn't rub on their ears. We even had an article written on the Bristol Post website! Thank you to EVERY ONE who was involved!



Every week, we have different competitions where families can win vouchers from Amazon, Tesco etc or choose to have a Fruit and Veg box (Supplied by Natalie Harris from The Concorde pub in Stockwood!). We would love to offer prizes from local businesses (help promote local!) so if you want to get in contact with how you can help then drop us an email or text us on the details supplied at the bottom of this page.

We want to help families in the community as much as possible, and we sign post as much as we can to other organisations in the area. If you offer services that would be beneficial to families, let's have a zoom meeting and have a chat about how we can work together!!



Email: fun4familiesuk@gmail.com or text/call: 07498233499

Insta: @fun4familiesuk Twitter: @fun4familiesSB

www.fun4familiesuk.com



Wild Place Project to Reopen Friday 19 June: BOOKING ESSENTIAL - NEW SYSTEM LIVE!

We are delighted to announce that Wild Place Project will be reopening on Friday 19 June 2020! There are three key things that you will need to remember:

- 1. BOOKING ONLINE IS ESSENTIAL *If you do not have a timed ticket booked you will be politely refused entry.***
- 2. NEW SAFETY MEASURES WILL BE IMPLEMENTED FOR YOUR PROTECTION AND THE SAFETY OF OUR STAFF AND VOLUNTEERS**
- 3. WE ARE TAKING A PHASED APPROACH TO RE-OPENING AND BRISTOL ZOO GARDENS REMAINS CLOSED TO VISITORS FOR THE IMMEDIATE FUTURE**

In line with government guidance, and to ensure the safety of our visitors, volunteers and staff, we have implemented some additional measures for when we reopen Wild Place.

We have now introduced timed tickets and a strictly limited number of tickets are available each day. It is therefore essential that all visitors, including our Group Members, book in advance of their visit.

By implementing a system where everyone has to pre-book, we can ensure that the site does not get congested and visitors can arrive in a staggered way. We have also implemented a one-way system around Wild Place to aid social distancing (<https://wildplace.org.uk/plan-your-visit>)

We will reopen on Friday 19 June 2020, and from this date ALL visits must be booked online, in advance.

To book your visit please click here:

<https://buy.myonlinebooking.co.uk/wildplace/sessions.aspx?tid=118>

Please remember to bring your proof of membership which will need to be shown on admission



Silly Squad: Digital Summer Reading Challenge 2020

This year, the Summer Reading Challenge will be different - with our physical libraries closed for the time being we are going digital! The challenge is live now from June to September.

How to take part

Children sign up at [Silly Squad](#) and create their own profile with the assistance of an adult.

Children set their own reading goals, and are encouraged to read anything that makes them happy – fiction, information books, comics, jokes. Children are encouraged to read digital eBooks and listen to eAudio books from the public library service or read print format – books they already have at home.

Each time they finish a book; they add it to their profile and write a review.

Ordering Bookstart Corner

25 packs to a box- targeted for 2y old -but suitable, just, for 0-5, there are rhyme sheets, puppets, delivery (how it use) instructions and some blank pads in each box.

Please note **there are the same titles in each pack**

Please don't order less than a box, you can use them as you wish.

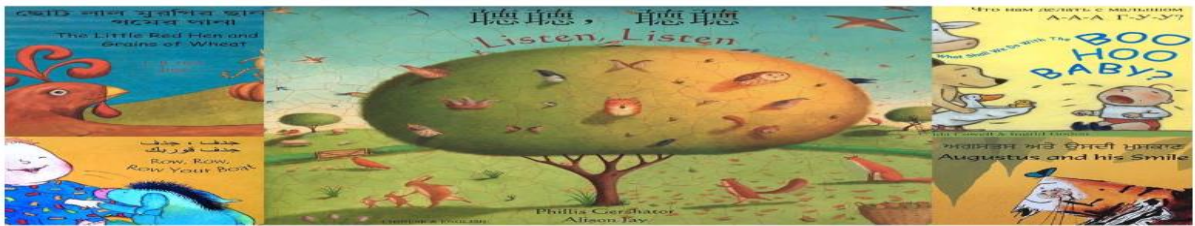
Boxes will be delivered directly to your setting. I will need a name, postal address, email address contact and telephone contact number. Also a list of possible delivery times in a week.

NB - books will be used in the Bristol Summer Activities bag scheme, going out via the children's centres. So only order from me if you won't get them via this route.



Ordering Dual language

- These are dual language picture books that are suitable for 0-5y (target group 3-4y). They are not always the same title, I ask for a random selection and they do their best.
- They are available in 30 different languages. Please tell me how many you would like of each language and I will try to get them. **Only 290 city wide so please don't over order these.**



Books gifted may differ from those shown above

- **The Booktrust will deliver straight to your setting.** I will need a name, postal address, email address contact and telephone contact number. Also a list of possible delivery times in a week

Libby our free online ebooks [@OverDriveLibs](#)

Borrowbox: Find our great selection of free [#audiobooks](#) [@BorrowBox](#) here bit.ly/bristoleresour...

Pressreader: Free magazines and newspapers: [@RBdigitalUK](#)

FB [@BristolLibraries](#) [www.facebook.com/ Bristol Libraries](http://www.facebook.com/BristolLibraries)

Lego club, BB and Rhyme, Storytime, Poetry club, Crime club, podcasts.....

Join the library online click <https://www.bristol.gov.uk/libraries-archives/join-the-library>

Twitter [@BristolLibrary](#) www.twitter.com//@bristollibrary

<https://www.instagram.com/bristollibraries>

My contact details vicky.hough@bristol.gov.uk



Bristol Libraries
www.bristol.gov.uk/libraries

INTO FILM



Wishing you well at home and in schools

With some children returning to schools this week while others continue to learn from home, our [latest learning resources](#) are both home and classroom friendly.

Whether you're returning to the classroom now or in the coming months, we're sure pupil wellbeing is on your mind. Visit our [Mental Wellbeing Hub](#) to discover resources that can help ease the transition.

[Explore our wellbeing resources](#)

More learning ideas for young people at home and in school

Interactive Minions activities

Our [Minions themed resources](#) can be used to lead an informal discussion exploring wellbeing, friendships or historical figures. Help film fans draw Minions of their own with our **How to Draw a Minion** video guide from Illumination's animation experts.

[Watch the video](#)



Archive-inspired creative writing

Use the [BFI's free Britain on Film website](#) to harness the power of film to support young people's literacy skills. Explore archive films from your local area and use them to inspire descriptive writing.

[Find out more](#)

Competitions available to young people at home and in school

Our new [Nature in Your Neighbourhood](#) and [Review 100](#) competitions can be entered from home or school. [Film of the Month](#) is welcoming submissions too

Storybook for use with primary aged children during Covid-19 pandemic:
[My Hero is You, Storybook for Children on COVID-19 | IASC](#)

(Click on the link and then scroll down to the pdf files).

This is a beautifully illustrated book aimed primarily at **children aged 6 – 11 years** old. It aims to help children understand and come to terms with COVID-19.

With the help of a fantasy creature, Ario, “My Hero is You, How kids can fight COVID-19!” explains how children can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality. It has been translated into 100 languages.

The book is a project of the [Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings](#).

POSTCARDS FROM LOCKDOWN

Are you a child with something to tell others about your experience of lockdown? We would like to know what you think and how you are feeling...

- Have you found something interesting to do?
- Are you missing particular people or activities?
- Are you worried about anything?
- How's home learning been for you?



Send us a postcard with your words or pictures, for us to display in the Sea Mills Museum and notice boards around Sea Mills and Coombe Dingle. Be honest and as creative as you like.

**Sea Mills &
Coombe Dingle**
Together



Deliver your postcard to **28 St Edyth's Road, Sea Mills BS9 2ES**
or email info@seamills100.co.uk

Templates and more information at www.seamills100.co.uk/postcard


POSTCARDS FROM LOCKDOWN

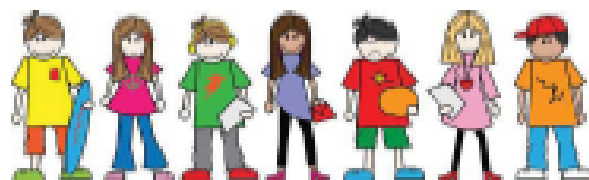
Are you a young person with something to say about your experience of lockdown? We would like to know what you think and how you are feeling...

- Have you found something interesting to do?
- Are you missing particular people or activities?
- Are you worried about school, university, work or something else?



Send us a postcard with your words or pictures, for us to display in the Sea Mills Museum and notice boards around Sea Mills and Coombe Dingle. Be honest and as creative as you like.

**Sea Mills &
Coombe Dingle**
Together



Deliver your postcard to **28 St Edyth's Road, Sea Mills BS9 2ES**
or email info@seamills100.co.uk

Templates and more information at www.seamills100.co.uk/postcard



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. We all struggle at times

ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



Activities and Resources for Young People



Jump into... Virtual

Due to COVID19, we have been unable to run our programme for young people in the way we are used to. We have been using Microsoft Teams to bring together groups of young people to take part in virtual sessions.

If you would like to engage with new technologies, learn new skills and get creative in a welcoming online group, then Jump into Virtual is the place to come!

Sessions will run **Mondays & Wednesdays 3:30 pm – 4:30 pm** online using Microsoft Teams.

Mon 13th July	Wed 15th July
Mon 20th July	Wed 22nd July
Mon 27th July	Wed 29th July

Ages: 10 – 16 | Free

To get involved, please contact Clara: clara@kwmc.org.uk or call 0117 903 0444

KWMC ★
KNOWLE WEST MEDIA CENTRE



Jump into... Creativity

Open sessions for young people to join to come and get creative with art, technology & music.

Booking is essential and these sessions are limited to 6 young people per session so please book your spaces as soon as possible to avoid any disappointment.

Sessions will run **Tuesdays & Thursdays 11 am- 12 pm and 2-3 pm** at Knowle West Media Centre, Leinster Avenue, BS4 1NL



Ages: 10 – 16 | Free

To get involved, please contact Mike: mike@kwmc.org.uk or call 0117 903 0444

KWMC ★
KNOWLE WEST MEDIA CENTRE

jump
studios



Jump into ...
**SECONDARY
SCHOOL**

Jump into... Secondary School

Would you like to meet other young people that are going to the same secondary school as you?

Come along to a closed creative group for year 6 young people from South Bristol that are going to local secondary schools.

Booking is essential and these sessions are limited to 6 young people per session so please book your spaces as soon as possible to avoid any disappointment. All programmes have been specially designed to meet COVID19 regulations.

**Sessions will be held at Knowle West Media Centre, Leinster Avenue,
BS4 1NL**

Tuesday 4th August 11am–12pm – Year 6's going to **Bridge Learning Campus**

Tuesday 4th August 2pm – 3pm – Year 6's going to **Bedminster Down**

Thursday 6th August 11am – 12pm – Year 6's going to **Merchants Academy**

Thursday 8th August 2pm – 3pm – Year 6's going to **Ashton Park**

To get involved, please contact Dot: dot@kwmc.org.uk or call 0117 903 0444



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

KWMC ★
KNOWLE WEST MEDIA CENTRE





OTR Bristol is continuing to provide mental health and wellbeing support across the summer and has shifted the offer for young people to digital sessions to remain available throughout lockdown - running on platforms such as Zoom, Skype and Google Hangouts.

OTR's website [www.otrbristol.org.uk] shows the latest sessions and groups available and young people can sign up at <http://bit.ly/OTR-SignUp>. Some highlights in the coming weeks include:



The Resilience Lab is all about good mental health! The fun, interactive exercises have been designed to help you learn all about self-care. Let's face it, everyone at some stage in their life is going to be faced with something that they struggle with. Knowing how to get through these tricky times and 'bounce back' from them is really important for our health and happiness. At OTR's Resilience Lab, we can inspire you to do just that.



Mind Aid is a group workshop is for anyone aged 11-17 struggling with difficult feelings related to stress, anxiety, low mood, or depression. At Mind Aid, we look together at how living in difficult situations can cause these feelings, and learn ways that might help us manage better in what is often a stressful world. The workshop also offers a space to share with other young people going through the same stuff.



Do you self-harm or know anyone who does? OTR's hARMED group workshop is for anyone aged 11-17 struggling with self-harm or thoughts of self-harm. Self-harm can have a number of causes, like a difficult situation at home, school or work. In this workshop, we look at how a stressful world can lead us to cope in certain ways. Then, we begin to look at other, more healthy ways we can manage life stresses. The workshop also offers a space for you to share with your peers.



Shameless is OTR's group for anyone aged 11-17 feeling impacted by issues around body image and low self-esteem. At Shameless we look at why we've grown to feel ashamed of our bodies, where expectations of how we should look come from, and how to fight back against these messages. It is a safe space for sharing experiences with other young people.



Yoga is a great way to relieve stress and it can have a really calming effect on your body on mind. Plus, it's really fun! Join us for this Zoom class which focuses on rest, restoration and relaxation. No previous experience needed!



OTR is also posting daily tips, guidance and video content on social media, so follow @otrbristol on Instagram, Youtube, Facebook and Twitter to join in with our live broadcasts and videos.



**A MENTAL HEALTH SOCIAL MOVEMENT BY AND FOR YOUNG PEOPLE
ONLINE ACTIVITY - WEEKLY SCHEDULE:**



MONDAY 13TH JULY

- 4PM / THE OTR DIGITAL HUB / INSTAGRAM ***
- 4.30PM / MIND AID / ZOOM ****
- 8PM / RECAP - LEWIS SPEAKS AT THE BLACK LIVES MATTER EVENT**

TUESDAY 14TH JULY

- 4PM / TALKING ACTIVISM WITH ELLA / INSTAGRAM ***
- 4.15PM / SHAMELESS / ZOOM ****

WEDNESDAY 15TH JULY

- 11AM / YOGA / ZOOM ****
- 3.30PM / THE OTR DIGITAL HUB / INSTAGRAM ***
- 4.15PM / MIND AID / ZOOM ****
- 6PM / RESILIENCE LAB / ZOOM ****

THURSDAY 16TH JULY

- 1PM / OTR CREATES / ZOOM ****
- 3.30PM / NATURE WORKS / ZOOM ****
- 5.15PM / RESILIENCE LAB / ZOOM ****

FRIDAY 17TH JULY

- 11AM / ITALIAN LESSONS WITH MASSIMO AND PATRICK**
- 6PM / OTR SOUNDS / ZOOM ****

SATURDAY 18TH JULY

- 10AM / THE OTR DIGITAL HUB / INSTAGRAM ***
- 6PM / A LOCKDOWN COMIC FROM STEFAN**



FOLLOW US ONLINE @OTRBRISTOL

TWITTER / FACEBOOK / INSTAGRAM TO JOIN US FOR THESE SESSIONS!

All content uploaded to all social sites except * = Live on specific platform
= Sign-up required at bit.ly/OTR-SignUp



SUMMER ACTIVITIES FOR YOUNG PEOPLE 2020

SOUTH BRISTOL

THIS YEAR THE USUAL ACTIVITIES FOR YOUNG PEOPLE ARE LIMITED DUE TO THE COVID-19 VIRUS RESTRICTIONS ON GROUPS AND GATHERINGS. MOST ORGANISATIONS WILL BE RUNNING THEIR SESSIONS ONLINE AND THROUGH ONE TO ONE WORK OR VERY SMALL GROUPS.

COVID19 SAFETY MEASURES WILL BE IN PLACE AND ACTIVITES ARE TIME LIMITED.

THESE GROUP ACTIVITIES ARE THROUGH REFRALS OF INVITED FAMILIES OR YOUNG PEOPLE.

To be referred to an activity please contact South Families in Focus Youth and Community Worker MICHELLE ON: 07710396744

CREATIVE YOUTH NETWORK

Working with young people from 8 yrs to 19yrs to find out more please contact CYN: **0117 947 7948**

Summer plans are for 121 work with high priority young people. Small group work outdoors will be with those from our existing targeted groups. There will be a time limit and number limit on all group activities.

LEARNING PARTNERSHIP WEST

Working with young people from 8 yrs to 19yrs Please contact: **07967 440858**

LPW will also continue to deliver online video sessions for young people to browse at their leisure and these can be found on our YouTube channel here: <https://www.youtube.com/channel/UCzJjbWuup9yqdGv-2Qt1Dgg> Activities are very tightly managed in terms of time and numbers, so only referred or targeted families are invited.

YOUTH MOVES

Working with young people from 8 yrs to 19yrs For more information please contact YOUTH MOVES: **07736 640936**

For now we are offering small groups outside only of max 4 yp and 2 staff - all groups are closed ...there will be some detached work in south areas we have targeted.

YOUNG BRISTOL

Working with young people from 8 yrs to 19yrs Please contact: YOUNG BRISTOL **0117 9292513** or go to their website: <http://youngbristol.com>

Young Bristol plan to open some limited face to face group work from mid-July. In view of COVID -19 all Club delivery will be reduced to 4 hours in duration. Outdoor Activities - limited activities only from our Poole's Wharf Activity Centre- 27th July to 28th August.

STREET SPACE

Working with young people from 8 yrs to 19yrs **FFI — 07483232869**

Delivering detached youth work in Knowle West and Hengrove 3 times a week in August. Joint work with Youth Moves

BRAVE AND BOLD— CREATIVE WORK SPACE

Working with young people from 8 yrs to 19yrs **FFI—GILL: 0117 964 6799**

Brave Bold Drama is offering 2 sessions at the new Adventure Playground in Teyfant Road, Hartcliffe and partnering with LPW.

PLAYFUL BRISTOL

Working with families with play activities 12yrs and under **Please go to: <https://www.playfulbristol.org> or <https://fantasticforfamilies.com>**

Playful Bristol are working with feeding Bristol to get some activity up and running. The play sector will be looking at mainly small groups from targeted families. On the playful Bristol website and Facebook and on fantastic of families website there is a wide range of free Creative and playful activity available Online.

GRASSROOT COMMUNITIES

Working with young people from 8 yrs to 19yrs **FFI- 07787 502232**

Delivering detached youth work in Hartcliffe and Withywood 4 times a week in August.

SP 16-25 PRESENTS:
VIRTUAL HUB
LOG ONTO
WWW.SUPPORTIVEPARENTS.ORG.UK
TO FIND OUT MORE...

**Are you a young person living in Bristol?
Tired of lockdown?**

**Want to know about support, activities, youth
groups, college and more. Easy!**

Click HERE and watch our videos now...

Virtual Hub now live.

This Virtual Information Hub is open to all but aimed at children and young people and their families. It brings together information from local partner organisations about services, activities and opportunities available to children and young people while COVID-19 restrictions are in place. Information is available in video format for each organisation together with a link to their website. Come on in and browse.

<https://www.supportiveparents.org.uk/young-people-16-25/virtual-hub/>

<https://www.supportiveparents.org.uk/service-briefing-amendments-to-send-legislation-3-june-2020/>



We are running weekly **Welcome Sessions** Live online with the aim of presenting our up and coming courses.

The Session includes information on:

- Get Started Courses
- Explore programme
- Mentoring Programme
- Get into Courses
- Enterprise Scheme
- Development Award
- Your Hired Jobs Board.

These Sessions can be access by ringing our Free Customer Service 0800 842 842.

They are run regularly ever Thursday Afternoon on Microsoft Teams Platform, ring and ask for the Welcome Session and we will send you joining instructions on the Wednesday before the course.

You are also able to make Third Party Enquires on behalf of Young People and we can call and send them the link to the Welcome session.

Ring and register your interest now.

GET STARTED IN STREET DANCE CHOREOGRAPHY



BOY
BLUE

Taster Day: 21st July

Main Programme: 27th- 31st July

Delivered by multi-award winning company
Boy Blue

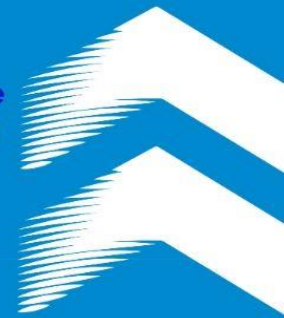
Are you aged 16-30?

Want to learn new skills in different dance
styles and Dance Choreography from the
comfort of your home?



Prince's Trust

For further info, please contact
naomi.thomas@princes-trust.org.uk



Get Started with Dance Choreography (16-30)

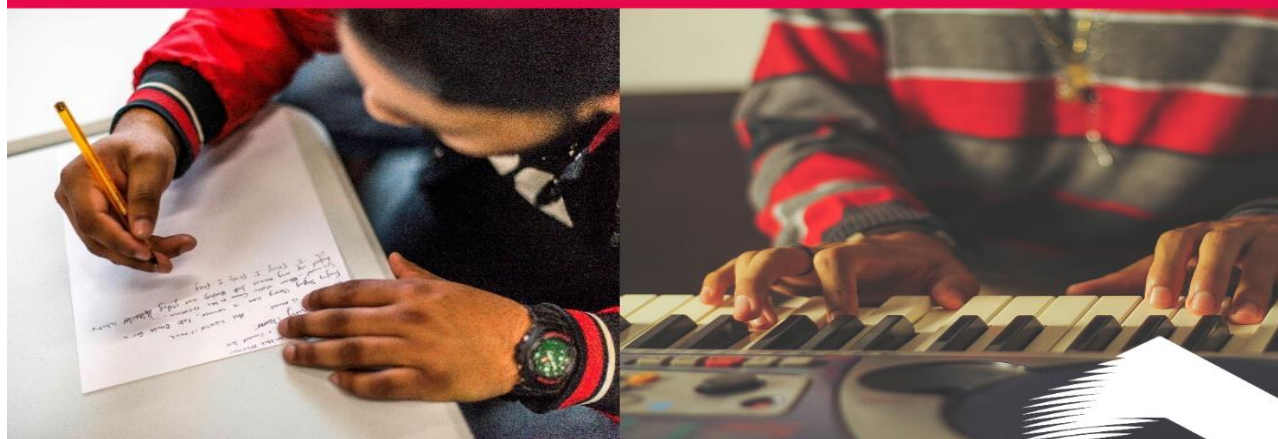
Delivered by multi-award winning company Boy Blue Entertainment, join us for our Get Started in Dance Choreography programme! Each day you will take part in practical workshops in which you will learn new skills in different dance styles and dance choreography from the comfort of your home.

Taster Day: Tuesday 21st July, 2pm – 3:30

Main Programme: Monday 27th July – Friday 31st July

Where: Microsoft Teams

GET STARTED IN MUSIC



Taster Day: 28th July 2020
Main Programme: 4th August - 13th August

Aged 16-25? Want to gain knowledge in song writing and music production?
Join our digital Music programme!



Prince's Trust



Get Started with Music (16-25)

Delivered by Irene Taylor Trust, join us for our Get Started with Music programme! Learn new skills and gain knowledge in song writing and music production. During this programme you will work as a group alongside a musician to create a song. There is also an opportunity to gain an Bronze Arts Award.

Taster Day: Tuesday 28th July

Main Programme: Tuesday 4th August – Thursday 13th August

Where: Microsoft Teams

To join the course or find out more: Search 'Prince's Trust' Call: 0800 842 842 on our FREE Customer Service Line

Fill out our online referral form at: <https://www.princes-trust.org.uk/help-for-young-people/get-in-touch>



Prince's Trust

**START
SOMETHING**

Princes Trust upcoming events

1. **Welcome sessions for 1-2-1 support and mentoring – every week over the phone and online**

Unsure about your future or looking for a job? Get 1-2-1 support from our Prince's Trust staff based on any employment support you need, e.g. CV help, goal setting and planning techniques. Must be 16-30.

Call us on 0800 842 842 or refer [here](#)

2. **Enterprise – Got a business plan or a strong business idea?**

Join our weekly information sessions to see how we can support you

Every week, must be 18-30

Call us on 0800 842 842 or refer [here](#)

3. **Health and Social Care Mentoring – anytime!**

The Prince's Trust has partnered with the NHS and other health care providers to offer young people mentoring and coaching. This is available for young people that really want to take that first step in to the NHS or health and social care.

Call us on 0800 842 842 or refer [here](#)

About us

The Out and About Team offer a variety of different services to support Children and Young People with additional needs.

Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years.



We provide a variety of different services for Children and Young People these include:

- Specific provision for Sensory Impairments
- Specific provision for Autistic Spectrum Disorder
- Specific provision for BME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Children and Young People with additional needs (5-8 years, 8-12 years, 13-19 years)

After School Sessions

After School Clubs:

Specific group for ASD on Tuesdays at Southmead Adventure Playground.
- Ages 8-12 6.15-7.45 pm
- Ages 13-18 7.45-9.15pm



Evening Session:

For ages 13-18, 7-9.30pm Tuesdays
- Hillfields Youth Centre, Fishponds

For ages 13-18, 7-9.30pm Thursdays
- Filwood Community Centre, Knowle

For ages 13-18, 7-9.30pm Thursdays
- Southmead Youth Centre



After School Clubs:

Specific group for ASD on Thursdays at St Pauls Adventure Playground.
- Ages 8-12 6.30-8pm
- Ages 13-18 8-9.30pm



Independent Living Skills:

Transition Group for Young People between the ages of 19-25 looking at a variety of skills needed for the transition into adulthood.

Once a month on a Thursday 7-9.30pm
Southmead Youth Centre



Evening Sessions (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
- Thursdays 5-7pm Woodside Centre in Kingswood.

Contact Us

If you would like anymore information about any of the sessions offered please contact the Out and About referrals team:

outandabout@weeil.co.uk

07835611651

01179479911



Follow us on Facebook for the latest updates and news:

[@outandaboutbristol](https://www.facebook.com/outandaboutbristol)



Weekend Sessions

Saturday Trips (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
Various Trips and activities throughout the year.

Saturday Sessions (BME Specific):

For BME groups ages 5-18, 10am -6pm (including pick up/drop off). At various locations

Saturday Sessions and Trips:

For all Young People with additional needs Between the ages of 13-18. Various Trips and activities throughout the year.



Stay and Play:

Ages 5-12
Families are invited to come along to various activities (Climbing, Pictures, Adventure playgrounds etc) usually on a Saturday.

Closed Play Session: (Drop and Play)

Ages 8-12
Usually on a Saturday, alternating between adventure playgrounds and out and about activities (Cinema, Zoo etc)
Booking Required



Short Breaks for Children and Young People with additional needs



School Holiday Sessions

Holiday Sessions (BME Specific):

Holiday Sessions for BME groups, ages 5-18, 10am -6pm (including pick up/drop off).

Various places; Avon Valley, Hop Skip and Jump, Puxton Park, Bristol Zoo, Cinema, Bowling, Woodside centre.

Family Activities:

Family Activities in school holidays, 2.5 hrs.
Various places such as: skittles, bowling, climbing, swimming.



Befriending

We link children and young people with volunteers so they can meet up regularly, it is all about building a friendship with someone you can trust to spend time with, giving you the independence and opportunities to do activities you like.



Please be aware that not all of our sessions run weekly.

Please contact the Out and About Team for more information on exact dates of session delivery.





- Borrow a bike, free for three months
- Personal travel planning, maps and advice on best route
- 1:1 cycle confidence sessions
- Dr Bike sessions in the community with free bike repair
- Adult learn to ride sessions (limited participants)
- Info and resources on staying active, getting to work and exploring Avonmouth and Severnside:

www.severnnet.org/ride_andstride/

Email rideandstride@severnnet.org or call 07786 984063



M32 Youth Groups @ BDP Summer 2020

The groups are an opportunity for young people aged 5-16, who have parents with problems with alcohol or other drugs, 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.

We plan to start groups (smaller and safely) again in September and until then we will socially distance visit each child...we have planted seeds with each of the young people and they know when the flowers bloom they will be seeing their friends again.

Call 0117 987 6009 for more information or to make a referral.



Helping community bike clubs get through the lockdown and safely back on track

Before we share the fourth edition of the Making Trax Newsletter, it didn't feel right without first addressing the Black Lives Matter campaign. Access Sport believes in a society that is equally inclusive of all people. We are anti-racist and we stand in support of the Black Lives Matter campaign. Inclusion is at the heart of both our long-term strategy and our day-to-day delivery work with community sports organisations.

Since the last newsletter, the Government has begun to lift lockdown restrictions and some council have reopened tracks. Therefore, this edition of the newsletter looks towards the future. Please scroll down to find out how your club can help us understand the needs of riders and parents as we emerge from lockdown, as well a collection of news and key resources. You can find out more on our website [here](#).

With lockdown restrictions gradually being lifted, the prospect of clubs resuming in some capacity may not be too far away. We have already gathered valuable insight from clubs who have been in touch about revival plans. We are expecting to get some clarity on these queries following the next [British Cycling Coronavirus Update](#) on 15th June. Please continue to raise questions and we will carry on feeding these back to British Cycling each week.

We also want to make sure that the revival of club activities can be enjoyed by the people hit hardest by the crisis. It is clear that getting back on track is easier for people with their own equipment, therefore, we are doing some work to understand things from parents' and riders' points of view. To help us identify the main barriers ahead, we would really appreciate it if you could share this survey with your club contact list.

Here is the link to share: <https://forms.gle/59TWcR46FwaMafYW7>

The survey responses will be received by Access Sport so you won't need to deal with any admin. We will share key insights once responses come in, and use this information to shape our next steps and the support we offer clubs.

[Take the Survey](#)

Lockdown Resources

Looking for new things for your club or families to do?

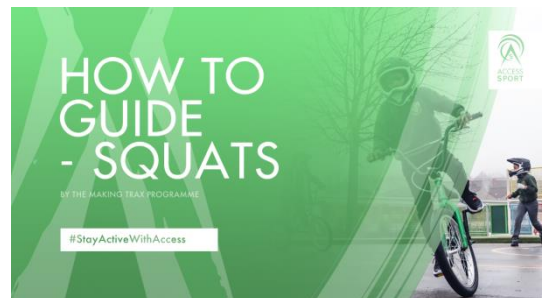
Get stuck into our wide range of inclusive and accessible online resources that cater for all ages and abilities, with off bike and on bike options.

Visit our [Lockdown Bike Club Vault](#) to explore a wide range of resources, videos and workouts. Catering for all ages and abilities, as well as on bike and off bike options.

Take a look at our playlist of [BMX Fitness videos](#) to guide you through a range of specific off bike exercises. These are all inclusive and accessible cycling specific activities to keep you fit and healthy during the lockdown period.

Join the [Making Trax Club Hub](#) on Facebook to find out key information, join in with topical discussions and connect with our community bike clubs across the country.

Join us every Saturday morning to take part in a [free live HIIT session](#), in place of your normal BMX session. Cycling specific activities for all ages and abilities, and the chance to join in with your team mates and other club members!





Catalyse Change

Hello Catalyse Change friends,

Would you like to spend a full 3 days immersed in learning how you can become a changemaker – all from the comfort of your own home?

Read on to find out how at our [Catalyst Summit...](#)

We all know the last three months have been difficult. But with lockdown restrictions easing, and life returning to some sense of normality, it's the perfect time to look to the future, and how we can #BuildBackBetter.

It's time to make radical changes. The Catalyst Summit - on 8th, 15th and 22nd July - will provide you with a space to reimagine our world, while growing the confidence and skills you need to make a difference.

We're excited to bring together experienced sustainability experts, facilitators and mentors - ho we know will inspire and empower the changemakers of the future – you!



Creating a Global Network

We are so excited that moving the Catalyst Summit online now enables us to reach and connect with young women from around the world. We have already had sign-ups from; France, the Congo and Spain – so it really is going to be our first global Catalyst Summit! **Will you be joining us?** We still have spaces available, but be quick as they are filling up fast. [BOOK HERE](#).



[@wearegoldroom](#) on Instagram

Affirmation Studio and ACE are two organisations working to support young people in the community.

In response to the global pandemic, the organisations have joined forces collaboratively creating an Instagram platform to inform and inspire not only those that are interested in pursuing a career in the music industry but with the aim for the platform to simply encourage and provide hope to youth culture in general during this difficult time

MENTORING AT OTR

In response to the current situation, we have set up a new mentoring project, focusing on tackling feelings of isolation and loneliness. This will be done through skill-sharing with other peers.

You will be matched with an OTR Peer Representative, to have weekly session via text, video call or email.

The focus is not talking about emotions - it is focused on learning together and sharing skills.

If you are aged 14-22, living in Bristol or South Glos and would like to be matched up with a mentor to learn a new thing or two, sign up here:

bit.ly/OTR-SignUp

#iwill



With local pride events unable to happen this summer, we're here for you. Explore our helpful space and get support from our online mental wellbeing community



- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Worried about going back to school? Need to talk to someone?

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Free online counselling support for young people! Discover everything Kooth has to offer



Sign up for free at [Kooth.com](https://www.kooth.com)



Supporting Disabled Children & Young People



supporting independent living

BEFRIENDING SERVICE

For disabled children and young people in Bristol and B&NES



Time2Share@WECIL's befriending service link volunteer buddies 1:1 with a disabled child or young person to spend time doing something they both enjoy! Volunteers are DBS checked and trained and offer 2-3 hours of support per week

Contact Jo or Dee today to find out more

T: 0117 9479911 E: befriending@wecil.co.uk

About Us

Time2Share was established in 1972 by a group of medical students from Bristol University to support families caring for a child with a learning disability. Since then we have gone from strength to strength, broadening our offer to support all children with a disability and in June 2019 we joined forces with West of England Centre for Inclusive Living (WECIL) to help strengthen the youth services offer. We currently deliver services throughout Bristol and B&NES

Our Services

Our befriending service gives disabled children and young people an opportunity to go out independently, increasing their self confidence and feeling of self-worth through being linked 1:1 with a volunteer 'buddy'. The Time2Share@WECIL social groups that we run across Bristol, Bath and North East Somerset offer disabled children and young people the opportunity to relax and have fun with peers in a safe and supportive environment.



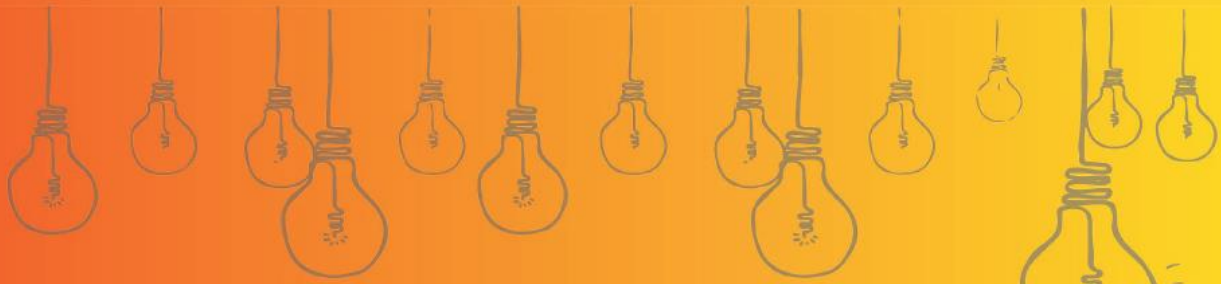
Time2Share@WECIL is committed to the safeguarding and the welfare of children and young people and expects its staff and volunteers to share this commitment. All volunteering roles will be subject to our safer recruitment process including undertaking of references and an enhanced DBS check.

0117 9479911

E: befriending@wecil.co.uk



[Bath & North East Somerset Council](#)



SHARE YOUR PASSION IGNITE A SPARK

OUR VISION

For every child and young person to have access to the help and support they need to overcome adversity and achieve their full potential.



GET INVOLVED

Volunteer with Us

Do you have a passion you could share with a young person? It could be baking, cooking, gardening, sport, photography... the list is endless!

Work with Us

We are recruiting self-employed counsellors, mental health practitioners and wellbeing practitioners to work on an ad-hoc basis.

Donate

Help us keep our services running by donating through our website

OUR SERVICES

Wellbeing Interventions

Counselling - Access to Exercise
Parent & Child Groups - Mindfulness

Positive Experiences

Mentoring - Ignite Camps - Day Trips

Life Skills

Business Coaching - Skills Training
Funding for Courses & Equipment

Crisis Support

Emergency Food Supplies & Essential Items - Wellbeing Checks - Respite
Advocacy



Visit our website for more information

IGNITE-LIFE.CO.UK

Sexual Health Services for the Under 20s

1st May, 2020

Our clinic remains OPEN and we are running an appointment based service including telephone consultations and postal services for contraception.

To book and speak with one of our team:

CALL: 0117 929 0090

Mon-Thurs 12-7 Fri-Sat 12-5

We are available and offering:

- ✓ STI testing & treatment
- ✓ Condoms
- ✓ Contraception
- ✓ Emergency contraception
- ✓ Pregnancy testing

Information and support on:

- ✓ Relationships
- ✓ Sexuality & Identity
- ✓ Safer Sex
- ✓ Dating during COVID
- ✓ Online/Digital Safety

For more information visit us at:

www.brook.org.uk and www.unitysexualhealth.co.uk

Services Updates for Families, Parents and Carers



Dear Families,

We are Bristol's Children's Centres and are writing to let you know about our services and how they can be accessed.

We are funded by Bristol City Council and are an integral part of both Early Education and Children & Families Services. We work in partnership with many different organisations and people to provide a universal and targeted service in the communities across Bristol. Other partners include the Breastfeeding team, Health Visitors, Midwives, Private, Independent and Voluntary sector services and Community groups. Together we provide groups for under-fives with their parents/carers, a range of courses and direct family support.

You can find information on our groups, courses and family support on our websites & Facebook pages. Please look at your most local website & Facebook to begin with.

Our service is here for you, so please take a look at what we provide and the information on our pages. It could be, that they might help you to find an answer or a service that you need right now.

Bristol has 4 Children's Centre Hubs – the below information gives you the Hub Website, Hub Facebook page and main phone contact details.

There is also information which can be found on Bristol City Council Website via this link <https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>

We encourage all families to register as a member of Bristol's Children's Centres, this helps us to know how many families we are in touch with and enables us to contact you or pick up any aspects you highlight on the registration. You can register via this link <https://www.bristol.gov.uk/schools-learning-early-years/register-children-centre>

We hope this will be the start of our journey with you.

Bristol's Children's Centre Teams



Central Bristol Children's Centre (Covers St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St. Judes, Easton, Lawrence Hill)

Website – www.stpaulschildrenscentre.co.uk

Facebook – Central Bristol Children's centre

Phone Number – 0117 9030337

Email – stpaulsncc@bristol-schools.uk



North Bristol Children's Centre (Covers Filton Avenue, Upper Horfield Lockleaze, Southmead, Henbury, Sea Mills, Long Cross & Avonmouth)

Website – www.northbristolcc.org.uk

Facebook – facebook.com/northbristolcc

Phone Number – 0117 3772685

Email - nbcc@bristol-schools.uk



South Bristol Children's Centre (Covers Bedminster, Withywood, Hartcliffe, Whitchurch, Stockwood, Knowle, part of Redcliffe, Totterdown)

Website – <http://www.southbristolcc.org.uk/>

Facebook - <https://www.facebook.com/SouthBristolChildrenCentreHub/>

Phone Number – 0117 9030214

Email - sbcc@bristol-schools.uk



East Bristol Children's Centre (Covers Fishponds, Oldbury Court, Frome Vale, Hillfields, Eastville, Speedwell, St George, Broomhill & St Annes)

Website – www.eastbristolchildrenscentre.co.uk

Facebook – [@eastbristolchildrenscentres](https://www.facebook.com/@eastbristolchildrenscentres)

Phone Number – 0117 3532899

Email - eastbristol.childrenscentres@bristol-schools.uk

Latest update from East Bristol Children's Centre

Family Support - During Covid-19

Family Support Practitioners continue to work one to one with families, remaining a point of contact for families and our partners.

See our [weekly timetable](#) for our open universal groups. We are running online groups for parenting support/skills/emotional resilience and specific support for those who have experienced domestic abuse. Please see [here](#) for more information on these groups and how to refer for groups and 1:1 support.

SEND Nurture Group

We're starting a new online nurture group for parents of children who have additional needs.

The SEND Nurture Group will run online for 8 weeks and will offer a supportive space for parents to share their experiences, break isolation, and foster a sense of belonging, connection and community.

See and share this [link](#) to hear more about the course and how families can find out more in a taster session.

To find out more or if families want to sign up please email eastbristol.childrenscentres@bristol-school.uk.

Food Clubs

We are hosting 3 Food Clubs across East Bristol; Broomhill (Tuesday), Oldbury Court (Thursday) and Speedwell (Friday). For £3.50 each week, in partnership with Family Action we offer a food parcel worth approx. £15. This is open for ALL families who are struggling financially. We recognise that families we might not normally see, could be more in need at this time due to reduction in hours, self

employed status, furloughed work etc. Please complete the [referral form](#) and return to eastbristol.childrenscentres@bristol-schools.uk.

Communicating to Families

We are posting regularly to [Facebook](#) to support, inform and entertain families. Please share our page and email us any information that you would like to share with families.

We have a news page on our website and would love to start doing longer features to support families - if you have anything you would like to bring to focus - e.g. oral health, speech & language or just sharing what is available at this time, please get in touch with amy.goodwin@bristol-schools.uk.

In addition we've created a '[Partner](#)' page on our website that has all the referral forms and information documents referred to here.

As always, keep in touch with what you are doing so that we can share with families, support you in your work or look at ways to partner together.

Many thanks,

East Bristol Children's Centre Team

0117 353 2899

eastbristol.childrenscentres@bristol-schools.uk





July 2020 News Letter from South Bristol Children's Centre Hub Help and Support for families during Covid-19.



South Bristol Children Centre's are still adapting to the UK new normal situation. Our centres are partly closed due to the current situation, we are still offering food clubs and will remain to support most families remotely. We are now able to offer some sessions with families on an individual basis in the garden or a ventilated room if need be. The nursery schools also remain open to those who have booked a space for their children directly.

Covid 19 Update

Following visits from Bristol city council health and safety officer to all South Bristol Children Centre sites we can confirm we are Covid-19 secure.

- ✓ We have carried out a **COVID-19 risk assessment** and shared the results with the people who work here
- ✓ We have **cleaning, handwashing and hygiene procedures** in line with guidance
- ✓ We have taken all reasonable steps to **help people work from home**. Family support staff will continue to offer remote support over the phone but can now see individual families in the garden or in well ventilated room if need be.
- ✓ We have taken all reasonable steps to **maintain a 2m distance** in the workplace ensuring food clubs operate outside with social distancing measures in place.
- ✓ Where people cannot be 2m apart, we have done everything practical to **manage transmission risk by working in locality teams**.

The Bristol Breastfeeding Support Team

The breastfeeding support team continue to offer their online virtual support to families across Bristol. Our virtual groups are universal and run Monday – Thursday. We also offer support via phone or video call to families with a new baby in South Bristol. For more information please check out the Bristol Breastfeeding Facebook page or ask your midwife to refer you.

<https://www.facebook.com/bristolbreastfeeding/>

Our current services

All families and the community with young children can contact us through our social media sites and our Support Telephone line. We have a number of Facebook pages full of information, A YouTube channel with a daily Virtual Timetable, Instagram with pictures of what we have been up to and our SBCC Website full of useful information covering a variety of subjects.



Telephone support line is available from Monday to Friday 9-4 on **07795952621**



SBCC Facebook page: <https://bit.ly/2O2kMOW>



SBCC Website: <https://bit.ly/2Z9R9BG>



You Tube Channel: <https://bit.ly/2ZJgTny>



SBCC Instagram: <https://bit.ly/2ZNGEDk>

Each of our five Children Centre's have their own Facebook page, here you can follow along with each team to see what they have been up to.

Knowle: <https://bit.ly/2ZNISmb>

Bedminster/Redcliffe: <https://bit.ly/2BPwBWi>

Hartcliffe: <https://bit.ly/3iFbbeZ>

Bishopsworth: <https://bit.ly/3e5RWrr>

Stockwood: <https://bit.ly/2ZQfSdu>

Health Visitor contact details

The Health visiting team can be contacted via Bristol Advice & Information Service during COVID-19. The number for South Bristol is: **0300 125 6264**

Community Learning

Community Learning are offering a wide range of online courses for people with few or no qualifications including First Aid, Math's and English, arts and crafts, courses for you to do with your families, cooking and much, much more. Check out their website at www.communitylearningwest.net to find out about what courses are on offer & ways to enrol.

Survey Monkey

We would appreciate if you could take time to complete our survey. This will help us to recognise where we can improve our services within the community during the Covid 19 pandemic. Please follow this link: <https://www.surveymonkey.co.uk/r/22KFXG9>



Welcome to Summer 2020 from South Bristol Children's Centres
Come and join us on our Storybook Trails

As we can't be with you this summer, we have created six Story Book trails in our wonderful nature reserves and parks in South Bristol. Each trail will be available for a week in a different location. Please see further details in each box.

Every Monday morning there will be a Story Pack available for you to download from our website. This pack will contain a map and answer sheet for the location and some additional activities that you can do with your children at home. There will be a prize draw on Thursday 3rd September by live Facebook, if you complete two walks or more, see our website for further details. There will be five sets of the six books featured for five lucky winners.

Website @ <http://www.southbristolcc.org.uk/> or our Facebook page <https://www.facebook.com/SouthBristolChildrenCentreHub/>

WALK ONE VICTORIA PARK BS3 4SN
20th to 25th July The Jolly Postman



WALK TWO CROX BOTTOM BS13 7TJ
27th to 31st July Three Billy Goats Gruff

WALK THREE CALLINGTON ROAD BS4 2LT
3rd to 7th August The Hungry Caterpillar



WALK FOUR MANOR VALLEY WOODS BS3 5XX
10th to 14th August Going on a Bear Hunt

WALK FIVE NORTHERN SLOPES BS3 5JF
17th to 21st August Room on the Broom



WALK SIX HENGROVE MOUNDS BS14 0DE
24th to 28th August
Percy the Park Keeper-The Secret Path



Bristol Food Clubs

Contact details for referrals and capacity

For more info contact Pete.godden@family-action.org.uk or Simon.green@family-action.org.uk

Club	Status	Contact
Stockwood Southern Links Children Centre	Spaces available	Lucie Temple lucie.temple@bristol-schools.uk
Lockleaze The Vench,	Full	Amy Walsh 07899954527 Amy.Walsh@groundwork.org.uk
Broomhill , St Peter's Methodist Church, Brislington.	Spaces available	Katie Parker 07342078166 eastbristol.childrenscentres@bristol-schools.uk or katie.parker@bristol-schools.uk
Knowle West Childrens Centre	Spaces available	Gemma Wookey; 07795952644 gemma.wookey@bristol-schools.uk
St Pauls Childrens Centre	Spaces available	Yvonne Young 07467335706 yvonne.young@bristol-schools.uk
Redcliffe Childrens Centre	Spaces available	Jo Watts; 07880467082 johanne.watts@bristol-schools.uk
Hartcliffe Childrens Centre	Spaces available	Duane Bryant 07795952961 duane.bryant@bristol-schools.uk
Southmead Children's Centre	Spaces available	Pete Godden 07971755855 / 07769275572 Pete.godden@family-action.org.uk
Inns Court Community Centre, Marshall Walk	Spaces available	Gemma Wookey; 07795952644 gemma.wookey@bristol-schools.uk
Oldbury Court Childrens Centre	Spaces available	Amy Goodwin – 07880465060. amy.goodwin@bristol-schools.uk
Hartcliffe Childrens Centre	Spaces available	Ruth McCarthy 07880467135 ruth.mccarthy@bristol-schools.uk
Lockleaze The Vench	Spaces available	Amy Walsh 07899954527 Amy.Walsh@groundwork.org.uk
Speedwell Meadow Vale Community Centre.	Spaces available	Amy Goodwin – 07880465060. eastbristol.childrenscentres@bristol-schools.uk or amy.goodwin@bristol-schools.uk

About Us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Contact the Service

Visit our webpage at: www.family-action.org.uk/food-clubs

Email our clubs:
 Southend: southendfoodclubs@family-action.org.uk

Bristol and the South West: bristolfoodclubs@family-action.org.uk

Greater Manchester: manchesterfoodclubs@family-action.org.uk

Family Action

Food On Our Doorstep

Good-quality food at a low price



Family Action Head Office, 34 Wharf Road, London N1 7GR
 T: 020 7254 6251 F: 020 7249 5443 E: info@family-action.org.uk W: www.family-action.org.uk

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 Professor Hamiel Ward CBE.



www.family-action.org.uk

Food on our Doorstep, Family Action

Visit our webpage at: <https://www.family-action.org.uk/>

**WEEKLY
FOOD
CLUB FOR
LOCAL
FAMILIES**



**£1 JOINING FEE
£3.50 PER FOOD BOX
Sign up to receive a range of fresh
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CHURCH
170 ALLISON RD
BRISLINGTON
BS4 4NZ

THURSDAYS
OLDBURY COURT
CHILDREN'S
CENTRE
FRENCHAY ROAD
BS16 2QS

FRIDAYS
MEADOWVALE
COMMUNITY
CENTRE
42 MEADOW VALE
SPEEDWELL
BS5 7RF

**Get in touch to find out more and sign up
0117 3532899
eastbristol.childrenscentres@bristol-schools.uk**

f @eastbristolchildrenscentres



**Building
stronger
families**



**FOOD
CLUB**



SOUTH BRISTOL CHILDREN'S CENTRES

JOIN YOUR LOCAL

FOOD CLUB

FOOD ON OUR DOORSTEP

**FRESH VEG
MEAT & DAIRY
STORECUPBOARD
ESSENTIALS
WORTH £10-15**

**£3.50
PER BOX
PER WEEK**

**£1 ANNUAL
MEMBERSHIP**

SUPPORTING LOCAL FAMILIES

WHERE?

STOCKWOOD
WHITTOCK RD BS14 8DQ

KNOWLE WEST
LEINSTER AVE BS4 1NN

REDCLIFFE
FREELING HOUSE BS1 6RE

HARTCLIFFE
HARECLIVE RD BS13 0JW

INNS COURT
MARSHALL WALK BS4 1TR

WHEN?

TUESDAY 9.15-11.15AM

TUESDAY 3.00-5.00PM

WEDNESDAY 11.30-1.30PM

THURSDAY 9.30-11.30AM
FRIDAY 11.00-1.00PM

THURSDAY 1.00-3.00PM

CONTACT

lucie.temple@bristol-schools.uk

duane.bryant@bristol-schools.uk

johanne.watts@bristol-schools.uk

ruth.mccarthy@bristol-schools.uk

duane.bryant@bristol-schools.uk





Healthy Holidays

Get cooking this summer!



Sample £15 shopping list

Choose supermarket own brand products when you can- they are great value and taste just as good! Here is an example for what you can buy for just under £15 to make five delicious lunches:

Rice: 500g -	£0.60
White or wholemeal pasta: 500g -	£0.53
Tortilla wraps: 8 pack -	£0.95
Plain flour: 1k -	£0.54
Eggs - free range: 6 (med) -	£0.89
Cheddar cheese: 400g -	£1.79
Natural yoghurt: 500ml -	£0.90
Tinned tomatoes: 400g -	£0.35
Tinned chickpeas: 400g -	£0.40
Tinned kidney beans: 400g -	£0.30
Chicken drumsticks: 1k -	£2.00
Tinned tuna chunks: 2 x tins -	£1.20
Carrots: 5 -	£0.25
Onions: 5 -	£0.50
Peppers: 3 -	£0.95
Cucumber: 1 -	£0.49
Tomatoes: 300g -	£0.63
Broccoli: 1 head -	£0.55
Fruit: 5 pieces -	£1.15
Total: 14.97	

Links to other websites:

The Healthy Holidays programme gives recipes, food ideas and support for children and families. You can access these resources from the Feeding Bristol website and also collect printed recipe booklets from your local Children's Centre Hub.

The Children's Kitchen is a Feeding Bristol project which encourages children to cook and grow fresh seasonal produce. This is a collaboration with Square Food Foundation and 91ways to Build a Global City.

The Children's Kitchen: feedingbristol.org/thechildrenskitchen

Square Food Foundation: squarefoodfoundation.co.uk

91ways: 91ways.org

Where to find more information:

Contact your local school or Children's Centre for support for Healthy Holidays.

You can also visit:

Feeding Bristol campaign for an end to food insecurity:

feedingbristol.org

Fareshare South West-fighting hunger, tackling food waste:

farehsaresouthwest.org.uk

Food Clubs (Food on Our Doorsteps) provide weekly Fareshare food to families and also provide demos, recipes, cookery sessions and link to family support

family-action.org.uk

The Bristol Food Network provide links to what is going on in Bristol including how to access help, food banks and local charities

bristolfoodnetwork.org



OASIS COMMUNITY SHOP

Childrens Toys and Clothes
Baby clothes and Equipment
School Uniform



OasisCommunity Shop



@NorthOasis

Ridingleaze, Lawrence Weston, BS11 0QB

www.oasisnorthbristol.org

Company no: 7237012 Charity no: 1136930

Update from Community Learning

Based on success and interest in our online courses since lockdown there will be more FREE citywide online courses during the summer holidays and into the autumn term.

All our courses are for people aged 19 plus and aim to support those with few or no qualifications or on lower incomes.

We use Zoom, Google Classroom and Facebook and support will be given to access courses. You will need a smart phone, laptop or tablet like an IPAD and data for using the internet. We will also be running some face to face courses when we can around the city.

For more information and to keep up with what's on offer please see our website www.communitylearningwest.net or email lctinfo@bristol.gov.uk

A sample of some of our courses:

Family Learning

- **Cooking together online** – lots of summer recipes and help can be given for ingredients. Thursdays 10.00-12.00. Call Helen on 07760990855
- **We are going on a Bear Hunt – Family First Aid made fun** – free book. 21/22/23/28/29/30th July 10.00 to 12.00. Call Helen on 077960990855
- **Fun with Phonics (part 1)** – 6 week course to help you support your children's learning, to run during the school day, dates to be confirmed.
- **Bringing Books and Stories to Life** – 6 week family learning course after school, 4-5pm, day to be confirmed, use crafts, plays, cooking, and songs to support your child's love of learning.

Help with Employment

- **Setting up your own Business** – Help and advice to set up your own business. August dates to be confirmed. Contact Richard on 07788353420.

Help with Budgeting

- **Budgeting Skills** – this will give you loads of tips and tools to manage your money, save and learn budgeting skills. August dates to be confirmed. Contact Richard on 07788353420.

Getting on with IT

- **IT for Employment** – intermediate 6 week course includes e-safety, word processing, spreadsheets, PowerPoint, using the internet for job searches and support. Tuesday mornings, 10-12, starts 8th September, TBC
- **IT for Absolute Beginners** – more details to come. Possible support to access equipment

First Aid

- **Emergency First Aid At Work** – Wednesdays 16th 23rd and 30th Sept, 10-12noon, TBC plus an additional practical classroom based session when safe to do this to gain the accreditation
- **First Aid for Outdoors-** more information to come

Future courses planned include: Health and Social Care that can help you into work, Stress Management and building resilience, Yoga for Confidence, First Aid courses, a wide range of cooking courses including, Making a community cook book, Craft for Wellbeing, ESOL courses and much more.



Keeping your child safe on the Internet

With more and more time being spent online over the last few months, learners having to access lessons, children and young people wanting to keep up with friends and family, there is concern that children and young people won't know when to step out of their online world, and will be facing increased risk from inappropriate content.

The Online Safety Working Group for the Keeping Bristol Safe Partnership have been developing online Safety Guidance for Professionals, parents and students who may have been given access to a device during lockdown to be able to access their learning and other online activities and thought the advice might be useful for any family where online usage has increased.

Below is some information and documents that might be useful for you to have a look at and maybe work through with your children.

Safety and Signposting information can be found on the Community Learning Webpage here: https://communitylearningwest.net/get_online/



There are links to Internet Matters which has an incredible bank of resources and advice for anyone wanting to get online safely, and what to do if it doesn't feel so safe.

There is also great advice about data and costs, security and phishing risks to help everyone stay safe when using a device.

And some really good basic online safety information in the form of a poster you can download and give to the family for reference:

<https://www.internetmatters.org/resources/online-safety-guide/>

Online Safety Guide

Children's use of the internet is becoming more mobile and interactive offering young people more opportunities to interact and meet new people, so it's never been more important to make sure you are helping your child stay safe in the digital world.

15 hours a week

Children's internet use has reached record highs, 5-15 year olds spend 15 hours a week online

2x

The number of children with a social media profile doubles between the age of 10 and 11. 43% of 11 year olds have a social profile

44%

44% of 5-15 year olds have their own tablet and together with smartphones are the most popular for going online.

Get in control of parental controls



If using a smartphone, check content lock is set



Set parental controls on your home broadband



Control app downloads and purchases



Make the games console safe and secure



Use safety mode on YouTube and Google



If using social networks, check privacy settings

Go to internetmatters.org/controls for step-by-step guides

Managing privacy settings on apps

11-15 year olds use on average 5 different websites and apps to communicate with friends at home, the most popular being Instagram (60%).



Whatsapp Snapchat Instagram YouTube

If your child is using these networking sites and respective apps, get up to speed on how they can manage their privacy settings with our "How to guides".

Go to internetmatters.org/back-to-school to download our "How to guides".

Get familiar with regular conversations

- Start a conversation when your children will be more receptive and engaged, such as on the way to or from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and encourage them when they share their online experiences with you
- If your child talks about an issue with you, stay calm and listen without judging them

Check they know the rules

- Don't share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element
- Explain that people they meet online might not be who they say they are
- Tell them to be a good online friend and not to say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Make sure they check with you before downloading any programs to avoid viruses

Key issues you may want to discuss

Cyberbullying

Prevention is always better than the cure when it comes to this issue. Help your child understand the consequences of what they share online and encourage them to be "kind online". If they are the target of cyberbullying, be sure to keep all messages as evidence and block the bullies on social networks.

For more advice about cyberbullying visit internetmatters.org/issues/cyberbullying

Sexting

There are many reasons why young people get involved in sexting; exploring sex and relationship or pressure from a partner or friends. Having an open and honest conversation about it can help them understand the implications of sending a nude image and highlight that it is illegal.

If your child has sent a nude image and it has been put online; report it to CEOP and contact Childline who can help you get all known copies removed from the internet internetmatters.org/issues/sexting

You can also think about how you discuss internet usage and what this will look like in your family. You can even draw up an agreement so everyone is clear on expectations and what they should be doing. You can find an example from the Think You Know website here:

https://www.thinkuknow.org.au/sites/default/files/2017-01/TUK_FOSC_2016%20Family%20Online%20Safety%20Contract_FINAL_0.pdf

If you are at all concerned about online safety, you can talk to any professional that might be involved with you family or the NSPCC helpline:

Worried about a child?

Call our O2 NSPCC Advice Line on [0808 800 5002](tel:08088005002) for advice on apps, sites, games and online safety.

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call us on [0808 800 5000](tel:08088005000) or [contact us online](#).

Children can contact [Childline](#) any time to get support themselves.

[Get support](#)



SUPPORTIVE PARENTS

*Support for parents, children
& young people about SEND*

Supportive Parents

Who We Are

Supportive Parents provides the statutory SENDIAS service for [Bristol](#), [North Somerset](#) and [South Gloucestershire](#).

SENDIAS stands for Special Educational Needs & Disability Information, Advice and Support.

Our SENDIAS service covers all aspects of special educational needs (SEND).

From providing you with information to address your earliest concerns, to helping you with complex legal processes like statutory assessments, Education Health and Care Plans (EHCP), mediation, appeals, exclusions and complaints

We have a dedicated Information, Advice & Support (IAS) Line with a 24-hour answerphone. We also respond to email queries and have a [contact form](#) to receive messages from you via our website.

The kinds of things we help with include:

- Understanding legal processes, such as Education, Health and Care (EHC) needs assessments and plans; knowing what you need to do and critical timescales.
- Practical tasks, such as dealing with paperwork, getting your child or young person referred for extra help (SEN support), asking for an EHC needs assessment, checking a draft EHC plan or contributing to reviews.
- Developing a good working relationship with staff at nursery, school or college, or with other professionals.
- Considering your options, clarifying your priorities and making decisions.

- Feeling listened to and prepared for meetings or reviews
- Understanding how to deal with exclusions, disagreements with professionals or how to move forward when things have gone wrong.
- Signposting to additional sources of information, advice or support, groups and services.

We also provide:

- Monthly support group meetings in our local authority areas
- Links with other local groups and forums
- Free information events and courses which help you find out more about SEND.
- Training for SENCOs, school governors and university students
- A termly newsletter and e-bulletins specific to each local authority area

We are currently delivering our information, advice and support remotely through

- Our website <https://www.supportiveparents.org.uk>- videos, publications, newsletters, information, contact link
- Facebook page <https://www.facebook.com/SupportiveparentsPPS/> videos, newsletters, current information
- Telephone support line – 01179 897 725
- Email: support@supportiveparents.org.uk
- We can text you
- On-line face to face support through Zoom, Google, SKYPE, Teams.
- Support at virtual meetings on whichever platform Bristol/schools/colleges are using.

Do let us know if there is any other way we can contact/engage young people that you feel would be helpful.

We look forward to hearing from you.

Best wishes,

Kate Hale, Supportive Parents, SENDIASS Service

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have a distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeatEDSupport

BeatEDSupport

beat.eating.disorders

EATING DISORDERS SUPPORT SERVICE	CONTACT
ADULTS': STEPS Eating Disorder Services (adults) (Bristol, North Somerset, South Gloucestershire and Bath and North East Somerset (BaNES))	0117 4146645
CHILDREN'S: North Somerset CAMHS Eating Disorders Team	01934 881262
CAMHS 24/7 helpline – Bristol and South Gloucestershire	0300 303 1320

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Useful links:

<https://what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>

<https://freedfromed.co.uk/freed-for-all>

Helpline: 0808 801 0677

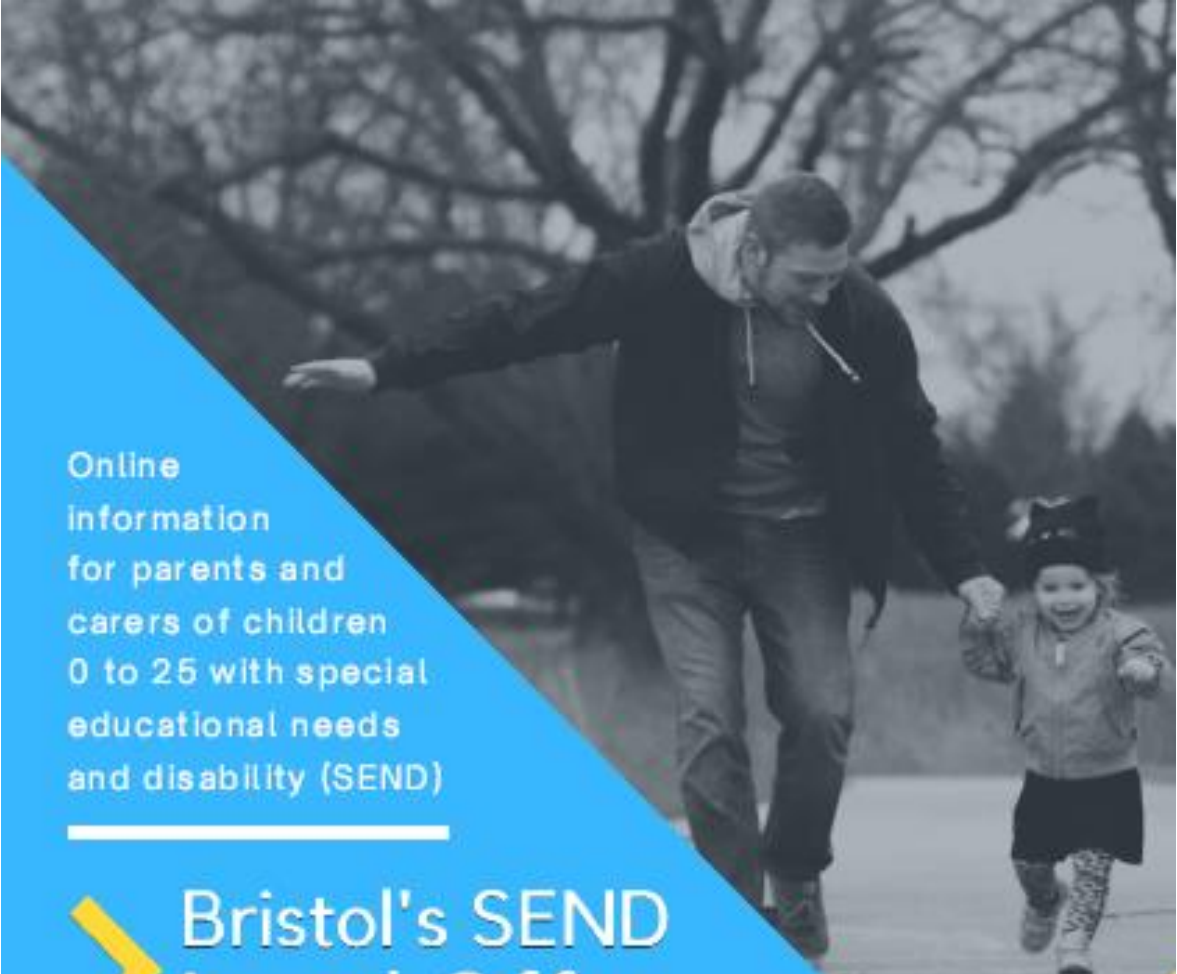
Studentline: 0808 801 0811

Youthline: 0808 801 0711

Our Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our

[one-to-one web chat.](#)



Online
information
for parents and
carers of children
0 to 25 with special
educational needs
and disability (SEND)

 Bristol's SEND
Local Offer

www.bristol.gov.uk/localoffer

Find out about:

- accessible activities and short breaks
- health and therapeutic services
- support available at school
- local support groups
- EHC plans

and more...



bristollocaloffer@bristol.gov.uk



What is . . . Zoom? A guide for parents and carers

Zoom is a service that allows you to virtually meet other people online through video or audio-only calls.

You can join these calls via laptops, tablets and mobile phones.

The COVID-19 pandemic has meant that ways of connecting online are more important than ever, with Zoom being an increasingly popular option for many young people.

This guide takes you through the many features included as well as highlighting how to stay safe when using it.

[Read the full article](#)



Bristol Libraries

We are pleased to be able to tell you that we are planning to start reopening some of our library services from mid-July. We will be phasing the reopening in a gradual way so that library users and staff remain safe. Not all libraries will open during the summer, but we will keep you updated via email, on social media and on our website: <https://www.bristol.gov.uk/libraries-archives>

We have had to make a number of changes to keep everyone safe and comply with the government guidance. For more details please see our website as above.

[We will also be in touch regarding any projects that can get underway or any background work that can take place ahead of Libraries opening but do feel free to contact us via your usual contact or at the Innovation Fund email address \[libraries.fund@bristol.gov.uk\]\(mailto:libraries.fund@bristol.gov.uk\) should you have any questions or queries.](#)

WHICH LIBRARIES WILL BE OPEN

From Monday 13 July the Central Library will be open for returns and a Call and Collect service Books will be able to be reserved over the phone or by email, with a maximum of five per person (or eight for children).

The Central Library is then set to reopen to the public on Monday 7 September to browse in a limited area of the library, borrow and return books and use pre-booked computers. These services at Central Library will be available Monday to Saturday, 11am to 4pm.

Three branch libraries, Fishponds, Henbury and Stockwood, will open from Monday 10 August for returns, limited browsing and borrowing as well as pre-booked computers.

- Fishponds Library will be open from 11am to 4pm on Mondays, Tuesdays, Thursdays, Fridays and Saturdays.
- Henbury Library will be open from 11am to 4pm on Mondays, Wednesdays, Fridays and Saturdays.
- Stockwood Library will be open from 1pm to 4pm, Monday to Saturday.

We will constantly review the government guidance as we work towards opening more libraries and increasing services – all in a safe and controlled way.

For information related to RETURNED ITEMS AND LIBRARY PROCEDURES, CHANGES WHEN YOU ARE INSIDE OUR LIBRARIES, how we will be PROTECTING OUR STAFF AND CUSTOMERS and our CALL & COLLECT SERVICE please see our website or the email you'll receive if you are a Library member. I won't repeat it here for brevity.

During this time we will continue to offer extensive online services – including eBooks and eAudio from our website <https://www.bristol.gov.uk/libraries-archives> . In addition we will also be continuing with our online events from children's story time and quizzes, through to a virtual Lego club and a new podcast - <https://bit.ly/shelflife6>

For the time being we are unable to host any live events in our Libraries and will be led by government guidance as to when this may become possible once again. We understand that there may be disappointment with a gradual re-opening and that it may be some time before all Libraries are open but please rest assured that we are working toward this goal but must be led by the guidance we receive.

We are looking forward to seeing you back in libraries soon and working with you to make the most of your local library.

Kind Regards

Leon Flower

Library Service Development Manager (Job share – Working Tues-Thurs)

Bristol Central Library, College Green, Bristol, BS1 5TL

Mobile: 07795451140

Support for Parents / Carers

Bristol based Parenting Menu

On-line City-wide Courses

Term 6+ 2019-20

Co-ordinated by the Families in Focus Parenting Team (FIFPT)

All courses are Free and available to Bristol Parent/Carers

<http://www.bristol.gov.uk/page/children-and-young-people/parenting-courses-currently-running-bristol>

If you are concerned about the well-being of a child please contact the **First Response Team 0117 903 6444**

City-wide

Course	Provider & Platform	Dates/Times/Contact
Timid to Tiger For parents of children aged 3 – 10years with anxiety,	Families in Focus Parenting Team Zoom Programme	Tuesdays 7.30 – 9pm Starts 14 th July 2020 Contact Denise Quilty: 07881 267 126
Non-Violent Resistance (NVR) Parents of children and teens (8-17y) who use violent or controlling behaviours	Families in Focus Parenting Team Zoom Programme	Thursdays 1-3pm Starts 16 th July 2020 Contact Saf Cooper: 07760 990 850
'Back to School' A 2 hour workshop for Bristol parents with school aged children who may be worried about returning to school after lockdown	Families in Focus Parenting Team Zoom Workshop	Booking through Eventbrite https://www.eventbrite.co.uk/o/parenting-specialists-families-in-focus-bristol-city-council-30649752872).

Course	Provider & Platform	Dates/Times/Contact
Online Zoom Parenting Programme	Strengthening Families Strengthening Communities (SFSC) Zoom Programme	Wednesdays Time TBC Starts 22 nd July 2020 Contact: Sally Williams 0117 9556971 ext 161
Please do check with your local Children's Centre to see what further on-line parenting support is being provided		
Central Bristol Children's Centre (<i>St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St. Judes, Easton, Lawrence Hill</i>) www.stpaulschilddrenscentre.co.uk Facebook – Central Bristol Children's centre Phone Number – 0117 9030337 Email – stpaulsncc@bristol-schools.uk	East Bristol Children's Centre (<i>Fishponds, Oldbury Court, Frome Vale, Hillfields, Eastville, Speedwell, St George, Broomhill & St Annes</i>) www.eastbristolchildrenscentre.co.uk Facebook – @eastbristolchildrenscentres T - 0117 3532899 / Email - eastbristol.childrenscentres@bristol-schools.uk	
North Bristol Children's Centre (<i>Filton Avenue, Upper Horfield Lockleaze, Southmead, Henbury, Sea Mills, Long Cross & Avonmouth</i>) www.northbristolcc.org.uk Facebook – facebook.com/northbristolcc Phone Number – 0117 3772685 Email - nbcc@bristol-schools.uk	South Bristol Children's Centre (<i>Bedminster, Withywood, Knowle Hartcliffe, Whitchurch, Stockwood, part of Redcliffe, Totterdown</i>) http://www.southbristolcc.org.uk/ Facebook: https://www.facebook.com/SouthBristolChildrenCentreHub/ Phone Number – 0117 9030214 Email - sbcc@bristol-schools.uk	

FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

Parenting Supervisor

Saf Cooper
M: 07760 990 850
saf.cooper@bristol.gov.uk

Parenting Specialists

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rowan.stewart@bristol.gov.uk
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victoria.mundy@bristol.gov.uk
Vicky Collis
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Vicky.collis@bristol.gov.uk
Pauline Sparkes
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South Families In Focus Team

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0117 903 7770
familiesinfocussouth@bristol.gov.uk



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Natasha Kirby
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familiesinfocusnorth@bristol.gov.uk



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Lucy.dixon@bristol.gov.uk
Kausar Perveen
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Kauser.perveen@bristol.gov.uk

East Central Families In Focus Team

Bristol Education Centre
Sheridan Road
Horfield
Bristol
BS7 0PU
0117 357 6460
familiesinfocuseastcentral@bristol.gov.uk



Autism Family Courses

NAS EarlyBird Programme (3 month course for Parents and Carers of children with a diagnosis of autism under 5 years)

Barnardo's Cygnet Course (7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years)

The Teenage Life Autism Course (Parent information and Advice Course for Parents of Children ages 8-18 years)

These are just some of the courses available for Parents and Carers who have children with Autism.

For more details on any of the Autism Family Courses,

See <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism> or **contact:**

Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

Tel: 07827 896 70

Email: menai.gore@bristol.gov.uk

The YARD Group for parents of Youths and Adolescents using Recreational Drugs- 8 x 1 1/2 hour sessions fortnightly: information, guidance and practical advice to parents of children who are using drugs or alcohol delivered by Bristol ROADS

For more details please contact: Tel: 0117 916 6588 Email: family@dhi-services.org.uk

Online Parenting Courses / Advice and 1:1 Telephone Coaching

Family Lives - Confidential Helpline: 0808 800 2222 Web:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Parenting UK - <http://www.parenting.co.uk/>

Netmums - <http://www.netmums.com/parenting-support/parenting-advice/netmums-parenting-course-about-the-courses>

NSPCC - Tel: 0808 800 5000, Email: help@nspcc.org.uk or text 88858

Mindfulness for parents-<http://www.connectingwithmindfulness.co.uk/>

Community Learning Team - Parenting during Lockdown

<https://communitylearningwest.net/events/parenting-staying-sane-during-lockdown-online/>



Are your children ready?

Dates of workshops:

- [Wednesday 22 July 12.30 to 2.30 pm](#)
- [Thursday 23 July 10 am to 12 pm](#)
- [Tuesday 28 July 10 am to 12 pm](#)
- [Wednesday 29 July 7 to 9 pm](#)
- [Tuesday 4 August 12.30 to 2.30 pm](#)
- [Wednesday 5 August 1 to 3 pm](#)
- [Tuesday 11 August 10am to 12 pm](#)
- [Thursday 13 August 10 am to 12 pm](#)
- [Monday 17 August 7 to 9 pm](#)
- [Thursday 20 August 10 am to 12 pm](#)
- [Tuesday 25 August 10 am to 12 pm](#)
- [Thursday 27 August 10 am to 12 pm](#)



To book a place please go to:

<https://www.eventbrite.co.uk/o/parenting-specialists-families-in-focus-bristol-city-council-30649752872>

A one-off 2 hour zoom workshop for parents with school aged children in Bristol, who may be worried about the return to school after Covid / Lockdown.

Led by Parenting Specialist's from the Families in Focus Teams, this will be a safe space to think with other parent's about practical and positive ways on how best to help your child with returning to school.

- Why we need to talk about it
- What feelings and thoughts are involved
- How can we overcome some of the natural worry
- Practising new skills

Families in Focus



Children & Families PARTNERSHIP

Strengthening Families Strengthening Communities Parenting Programme

Online, Group and 1:1 Telephone Coaching Support for Parents



Strengthening Families, Strengthening Communities (SFSC) is a parenting programme designed to support parents to raise happy and successful children by giving parents access to information and strategies for bringing up their children and meeting other parents.

SFSC Online Zoom Parenting Programme

A 4 week programme

Starting on Wednesday 22nd July 2020

Time to be confirmed



SFSC Parenting Programme

A 12 week programme - on site

Starting Tuesday 22nd September 2020

9.30 –12.30pm at Wellspring Settlement,

43 Ducie Road, Barton Hill, Bristol, BS5 0AX



SFSC 1:1 Telephone Coaching

Parenting Programme via the phone by a scheduled weekly appointment

To book a place or for further information contact Sally Williams 0117 9556971 ext 161

Wellspring Settlement, 43 Ducie Road, Barton Hill, Bristol BS5 0AX Tel/Fax - 0117 955 6971
Email - admin@bartonhillsettlement.org.uk Website - www.bartonhillsettlement.org.uk
A company limited by guarantee, registered in England, number 5031499, and registered as a charity, number 1103139



Community Children's
Health Partnership

During the COVID-19 pandemic, **Bristol Speech and Language Therapists** are **still available** to support children and families.

If you have a question or concern about your child's speech, language or communication skills, please contact us:

 Telephone Advice Line: 078250 16335

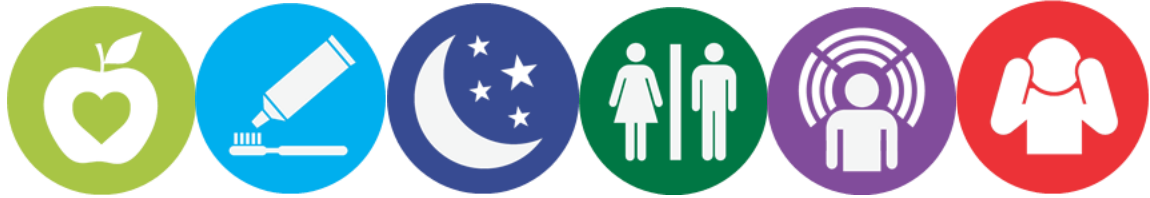
 Email: sirona.slt@nhs.net

We are making new videos every week, to share tips and ideas that could help you to support your child's development, please subscribe to our You Tube playlist here: <https://cutt.ly/-Top-Tips-for-Talking---Bristol-and-South-Gloucestershire-Speech-and-Language-Therapy-Team>



Avon and Wiltshire 
Mental Health Partnership NHS Trust

Is your child starting school?



We know that life is not normal at the moment due to Coronavirus; however we recognise that parents/carers still need information to support their child with starting school. At this time of year the school nursing service usually offers a parent /carer information session. These aim to provide information about what the school nursing service can provide for all children starting school, and how to support your child to be school ready. We know that this can sometimes be a worrying time for both parents/carers and children, as well as an exciting new journey. We want to support you to have conversations with your child to prepare them, but also provide information of what you can expect from the school nursing service.

We cannot come into schools at the moment because of social distancing guidance. However, we can offer these sessions virtually. We are offering these virtual sessions via ZOOM.

The workshop will cover:

- How your School Nurse can support you
- NCMP
- Top Tips for parents
- Other agencies – OT/ SALT
- Thinking about your child's health
- School Readiness

The Sessions will be offered on:

- | | |
|--|---------------|
| • Tuesday 21 st July 2020 | 13:30 – 14:30 |
| • Wednesday 22 nd July 2020 | 15:00 – 16:00 |
| • Friday 24 th July 2020 | 11:00 – 12:00 |
| • Monday 27 th July 2020 | 15:00 – 16:00 |
| • Wednesday 29 th July 2020 | 10:00 – 11:00 |
| • Thursday 30 th July 2020 | 10:00 – 11:00 |

To book on a session you can call our central number on **0300 124 5816**. We want keep these sessions safe and open only to parents/carers of children attending a Bristol primary school. When you call, we will ask you a few details so that we can verify you and your child's details. Once you have booked a session, we will then send you an email invite to join nearer the date of the session.

Privacy Notice - Sirona care & health processes your information in accordance with current data protection legislation. The information you provide us with will be used strictly for the purposes of your participation in this webinar and for no other purpose. Further information about how and why we use your information is available within our privacy policy on our website (www.sirona-cic.org.uk).

Employment Opportunities and Courses

COMMUNITY LEARNING



FREE online courses

- Budgeting skills
- Start your own Business

- **Budgeting skills** (starts Tues July 14th) and covers managing a limited budget, how to save money on bills and shopping, income maximisation, applying for grants or financial assistance and much more
- **Start your own Business** (starts Thur July 16th) and is for anyone wanting to work for themselves but looking for expert advice on what is needed and how to make it happen

These are both distance learning courses via facebook and involve one to one sessions with the tutor so you get targeted advice as well as access to some great online resources

Find more details online at
www.communitylearningwest.net or enrol
via phone on 07788353420
Richard.davies@bristol.gov.uk

ENGLISH CONVERSATION CLUB



- Practise speaking English • Improve your confidence •
- Meet new people • Fun activities •

Everyone's welcome.



On line Conversation Clubs

If you would like to join our free, English speaking classes and practice in a friendly and relaxed atmosphere via Zoom app, just email

esolconversationclubs@bristol.gov.uk

and we will email you with time and dates to our Zoom meetings.

BRISTOL
LEARNING CITY





EMPLOYMENT SUPPORT

We are offering online support for those who require help with CV's, covering letters, applications and guidance with interviews.

We will be using Microsoft Teams to work with you to support you into employment.

You will receive outstanding support from an experienced tutor who will also be able to advise you on local vacancies.

To enrol please call 01834 411147 where we will undertake an initial assessment and enrolment over the phone.

To be eligible you will need access to an internet enabled device (laptop or PC) and an internet connection.

Future Bright

Take your next step today




Are you looking to develop new skills, access training or find new opportunities?

Future Bright offers FREE career coaching, training and support to help you develop the skills and confidence you need to take your next step. When you join Future Bright, you'll be matched with a dedicated career coach who will support you to create a personalised action plan.

During the Coronavirus outbreak, our coaches continue to support residents by using telephone and online tools to stay in touch safely.



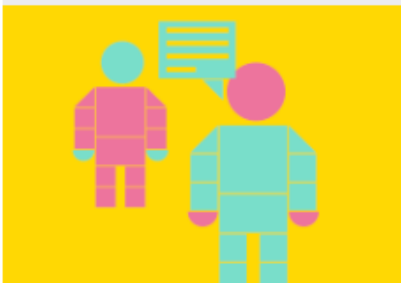
I've achieved more than I thought possible. I would definitely advise other people to take advantage of the support that Future Bright can offer. 

Caroline

How can we help?

We'll help you to break down your goals into an action plan so that you can start making positive change and progress right away. We can help you with:

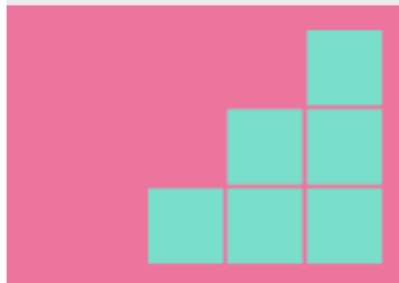
Advice and Support



We'll help you:

- Identify your goals
- Tackle your obstacles
- Create an action plan

Developing Skills



We'll help you:

- Access the support and training you need
- Get more from your existing experience

Personal Budgets



We offer help to pay for the training and equipment that you need to progress and reach your goals.

Who's it for?

To help people whose income or employment have been affected by the Coronavirus crisis, the eligibility criteria for Future Bright have been temporarily expanded.

Future Bright can support people who are:

- Aged 19 and over
- Living in the West of England – that's Bath & North East Somerset, Bristol and South Gloucestershire
- Currently in paid work and receiving benefits or tax credits (Universal Credit, Working Tax Credit, Child Tax Credit, Job Seeker's Allowance, Income Support, Employment Support Allowance, Housing Benefit, or Means-Tested Council tax Reduction)

In addition, the expanded service can now also support people whose income or employment have been affected by the Coronavirus crisis, including:

- Those who have been made redundant, laid off or are at risk of redundancy, as a result of the Coronavirus pandemic.
- Employees whose hours have been significantly reduced, and who therefore have a lower income (e.g. zero hours, cut from full to part time)
- Self-employed workers, where their ability to earn has been severely impacted due to the nature of their business
- Furloughed employees, if their reduced income means they are eligible for Universal Credit.

[SIGN UP NOW!](#)

SKILLS SUPPORT FOR REDUNDANCY

SSR



FOR EMPLOYERS

If you are facing an organisational restructure or the prospect of making hard decisions about staff redundancy, there is funded support available to you.

The Skills Support for Redundancy (SSR) programme will ensure your employees get access to bespoke training and careers guidance, and support them to find suitable employment.

FOR INDIVIDUALS

Are you facing redundancy, or have you been made redundant within the last three months?

The Skills Support for Redundancy (SSR) programme can provide you with access to funded skills training, retraining and careers guidance to help you get back into employment.

How can SSR support you? >>>

Co-financed by



Education & Skills
Funding Agency



European Union
European
Social Fund



WHAT'S ON OFFER?

- **Employability skills:** CV writing, online job searching, completing applications and interview techniques
- **Functional skills:** help and encouragement to thrive in new workplaces or roles and develop qualifications in English, Maths and ICT
- **Upskill for workplace success:** training and advice in a wide range of vocational subjects that best prepare you to move forward in your chosen career or retrain within your existing business
- **Career progression training:** developing higher level skills to take you to the next step in your career, such as leadership and management or supervisory skills training
- **For organisations with +20 employees:** we will work with the Department for Work and Pensions, your Local Enterprise Partnership and the National Careers Service to provide you with the best possible support

WHO'S ELIGIBLE?

Individuals taking up funded training* through SSR must be:

- Legally resident in the UK
- Able to take paid employment in the UK
- Employed and at risk of redundancy, or unemployed within the last three months due to redundancy
- Aged 16 or above

*other eligibility criteria may apply

Managed by

serco

We tailor our service to meet your needs: our dedicated Partnership Coordinators work with you to identify the best sources of support and training to help you achieve your goals

A wide range of training is on offer. To find out more about the support available, email the Serco skills team today: skillssupport@serco.com



Level 2 Animal Care Skills

Spare time on your hands?

This is a **FREE** part-time course suited for learners aged 19 and over who are looking to work in the animal care industry. This course is of interest to those who may be volunteering within the sector and want to gain a recognised qualification.

Distance learning

- Initial online session
- Online submission of work and tutor support

Course content:

- Health and Safety and legislation in animal welfare
- Animal Health and Husbandry
- Animal Feeding, Accommodation and Handling
- Evidence of volunteering or work within the industry/work experience

Book your place by email:
Emma.stanton@sgscol.ac.uk
www.sgscol.ac.uk



Gloucestershire





South Gloucestershire
and Stroud College

Level 2 Practical Environmental Skills

Starting August
2020

Spare time on your hands?

This is a **FREE** part-time course suited for learners aged 19 and over who are looking to work in Practical Conservation. This course is of interest to those who may be volunteering within the sector and want to gain a recognised qualification.

Distance learning

- Initial online session
- Online submission of work and tutor support

Course content:

- Health and Safety for environmental studies
- Practical environmental skills
- Access and safety
- Evidence of volunteering or work within the industry/work experience

Book your place by email:

online@sgscol.ac.uk

www.sgscol.ac.uk





[Smart Works](#) is a UK wide charity that provides high quality interview clothes and interview training to unemployed women. The service is free, and 65% of the women they support go on to get a job within a month.

In light of COVID-19 and the challenges many are currently facing, Smart Works is now offering one-to-one sessions with expert coaches via phone or video call. They are also sending parcels of clothing to women in need of extra support at this difficult time.

Any woman who is currently unemployed and looking to get in to work can benefit from the free service. To find out more, please get in touch with rebecca.peck@smartworks.org.uk.

Our core interview clothing and coaching service for those with confirmed interviews

Smart Works provides high quality interview clothes and interview training to unemployed women with confirmed interviews. Every woman you refer will receive one-to-one interview coaching over the phone or via Zoom and a parcel of work-wear wardrobe essentials delivered to their door.

Pre-interview and employment coaching for those struggling to secure employment

We know that across the UK women are experiencing redundancy and are struggling to secure interviews in the current climate. With this in mind, we are currently delivering pre-interview and employment coaching sessions. This one-to-one hour-long session will be delivered by one of our trained interview coaches. The content of the session will focus on helping your client feel positive about their job search and their next steps. We envisage a session including guidance on finding a job in the current climate, tips on developing your skills from home, CV advice or an introduction to key interview skills and securing employment.

If you know of any unemployed women who would benefit from either of our sessions described above, then please do give us a call on 0207 288 1770.



Wheels to Work referral

The Wheels to Work scheme aims to help and support those getting into employment with their travel choices and options. If you are in need of travel support yourself or you are the partner organisation referring someone, please complete the form below.

<https://travelwest.info/wheels-to-work-west/bristol/wheels-to-work-referral>

Support Agencies

Need free advice?

We're here to help – just give us a call.



0117 317 8800
enquiries@1625ip.co.uk
www.1625ip.co.uk



0117 922 5353
advice@ageukbristol.org.uk
www.ageuk.org.uk/bristol



0117 352 1888
welfarerights@bristol.gov.uk
www.bristol.gov.uk/benefits-financial-help/
welfare-rights-and-money-advice-service



Helping people access justice
0117 924 8662
mail@bristollawcentre.org.uk
www.bristollawcentre.org.uk



07526 352 353
advice@bristolrefugeerights.org
www.bristolrefugeerights.org



0117 935 1260
advice@chasbristol.co.uk
www.chasbristol.co.uk



General advice: 03444 111 444
Initial Universal Credit
claims: 0800 144 8444
www.bristolcab.org.uk

FREE expert advice on many areas including debt, immigration, housing, employment, discrimination, benefits and more.

Funded by ACFA, registered charity 1187070



07731 842 763 / 07595 047 278
team@northbristoladvice.org.uk
www.northbristoladvice.org.uk



0344 515 1430
Urgent help out of hours:
0808 800 4444
england.shelter.org.uk/
get_help/local_services/bristol



0117 903 8358
admin@southbristoladvice.org.uk
southbristoladvice.org.uk



0117 955 2981
enquiry@stpaulsAdvice.org.uk
www.stpaulsAdvice.org.uk



0117 954 3990
mail@talkingmoney.org.uk
www.talkingmoney.org.uk



0117 947 9922
disabledpeopleshelpline@wecil.co.uk
www.wecil.co.uk



Warmer Homes, Advice & Money

0800 082 2234
home.energy@cse.org.uk
www.cse.org.uk



*A gang is using my brother to move drugs.
I am worried he might get hurt.*

Tell us
WHAT YOU KNOW

100% anonymously
at Fearless.org



*A gang is using my brother to move drugs.
I am worried he might get hurt.*

Tell us
WHAT YOU KNOW

100% anonymously
at Fearless.org



Something on your mind?

Call the School Health Nursing Team and have a confidential chat on

0300 124 5816

These phone lines will run until further notice, and will be staffed from 9am to 4pm, Monday to Friday. For health information and advice about coronavirus, please go to the [NHS 111 website](https://www.nhs.uk/111) in the first instance.

Further Support:

<https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-glooucestershire>

<https://www.otrbristol.org.uk>



Emotional Health
Anxiety/Low Mood



Healthy Eating/
Lifestyle



Anger, Family Concerns
Domestic Abuse



Dental Health.



LGBTQA
Relationships & Sexual Health
Friendships/Bullying



Sleep



Continence



Physical Health



Drugs, Alcohol & Smoking

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.



Nacoe Service

Do you....

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

Tell lies to cover up for someone else's drinking?

Feel guilty and don't know why? Feel different from other children?

Feel confused when mum or dad change when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?

"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my mum would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore."
Charlie, age 12

Things to remember

- You are not alone
- When a parent has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if mum or dad don't stop drinking
- Talking can help you to feel less alone

The Nacoe Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

Ways to feel better

Talk to someone you trust

Talking about how you feel is not telling on your family.

Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

Talk to Nacoe

We understand the problem and you can trust us. You can talk to us on the phone, send an email, or use our online message boards. Talking can help you understand some of the confusing feelings.

Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoe website.

Visit our website
Nacoe.org.uk for lots more
information and support

0800 358 3456

nacoe.org.uk



helpline@nacoe.org.uk



Free helpline

- Information and on-going support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name
- You do not need to tell anyone else you are talking to us
- You can talk as often as you want



Call

0800 358 3456



Email

helpline@nacoe.org.uk



Message Boards

nacoe.org.uk/messageboards

You can also find 24 hour support at ChildLine on 0800 1111

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

Nacoe's aims

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

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

Text HELP21 followed by the amount (£20, £10 or £5) to 70070 or visit nacoe.org.uk/getinvolved

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

Patrons

Tony Adams MBE - Olly Berkley - Celum Best - Liam Byrne MP
Lauren Booth - Geraldine James OBE - Cherie Lunghi
Elle Macpherson - Suzanne Stafford CQSW - David Yalland

Helpline: 0800 358 3456 helpline@nacoe.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 6005 admin@nacoe.org.uk
Website: nacoe.org.uk

Some mums & dads drink too much.....



nacoe.org.uk

Registered Charity No: 1009143



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



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

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

Patrons: Tony Adams MBE • Olly Barkley • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • Geraldine James OBE
Cherie Lunghi • Elle Macpherson • Suzanne Stafford CQSW • David Yelland

Covid-19 lockdown has been exceptionally hard on children living with parents who drink too much.

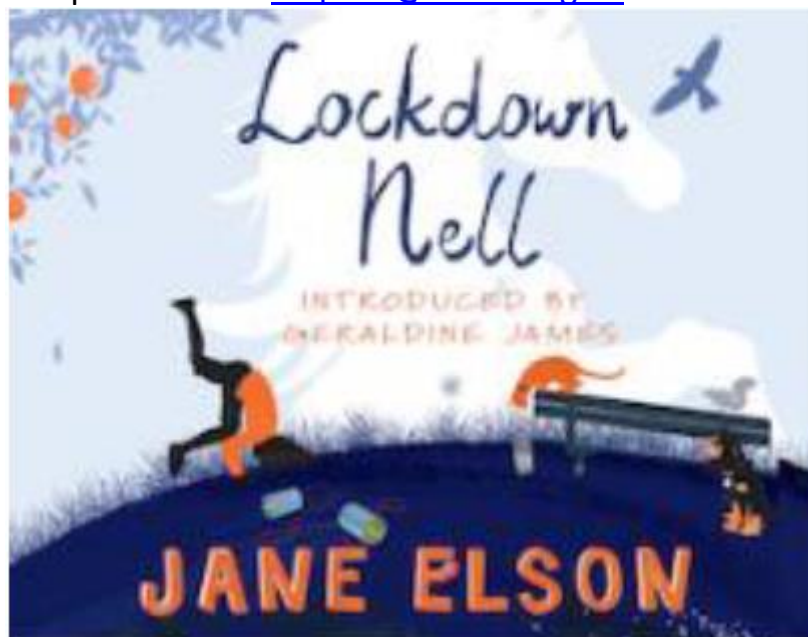
Our @nacoauk's new story resource 'Lockdown Nell' about a girl living with a mum who drinks is in response to so many calls expressing high levels of anxiety and fear.

You can find links to the full video at @nacoauk.

<http://nacoa.org.uk/news-and-events/event/2020/06/11/lockdown-nell-released-for-all-children-affected-by-their-parents-drinking-in-lockdown/>

The Nacöa helpline has been and continues to be open throughout the closure period:

- 2-7pm via phone 0800 358 3456 and
- 12-9pm via email helpline@nacoa.org.uk



Self injury Support is still here for you

We just wanted to let you know that during this very difficult time our text-based support services are still open and we are here to listen and support. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Our TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

All of our services are open from 7pm -9.30, Tuesday-Thursday.

You can:

Text us on 07537 432 444

Email us at tessmail@selfinjurysupport.org.uk

Or start a webchat here

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support>

Webchats are for up to half an hour.

If you don't know where to start just text or message 'hello' and we will be there with you.

All our services are confidential and anonymous.

We also have lots of self-help resources and information on our website at

<https://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources>



Self injury Support is still here for you

We just wanted to let you know that during this very difficult time we are still here and aim to offer support in as many ways as we can. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Along with people who self-harm we have developed a range of self-help and information pages on our website:

Experience-led self-help resource: <https://www.selfinjurysupport.org.uk/experience-led-self-help-resource>

Dealing with self-harm in lockdown: <https://www.selfinjurysupport.org.uk/self-care-and-self-advocacy>

First Aid for self-harm:

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid>

Seeking treatment and self advocacy:

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy>

Harm Minimisation:

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation>

Distractions and Displacement:

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement>

Exploring Alternatives:

<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives>

Blogs about self-harm and coronavirus:

<https://www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19>

A range of other self-help and information:

<https://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources>



CrimeStoppers.



We are calling on the public to learn more about this neglect of children to and contact the NSPCC if they require more support, advice or are willing to waive their anonymity.

Please follow us and share on social media:

www.facebook.com/CrimestoppersintheWestCountry

Facebook: If you're worried for a child and fear they may be a victim of neglect, speak up. To remain 100% anonymous, tell the charity @Crimestoppers what you know - 0800 555 111 or online:

<https://bit.ly/3c9r6i7>

https://twitter.com/WestCountry_CS

Twitter: If you're worried for a child and fear they may be a victim of neglect, speak up. To remain 100% anonymous, tell the charity @CrimestoppersUK what you know - 0800 555 111 or online:

<https://bit.ly/3c9r6i7>



**Stop Loan Sharks
helpline is open 24/7
Get advice and support**

0300 555 2222

STOPLOANSHARKS
Intervention . Support . Education



**Money lenders who are not
authorised by the FCA are
breaking the law**

www.stoploansharks.co.uk

STOPLOANSHARKS
Intervention . Support . Education



**Avoid loan sharks
Check your lender is
authorised by the FCA**

www.loansmart.org.uk

STOPLOANSHARKS
Intervention . Support . Education

How to spot a loan shark



**No paperwork such as a credit
agreement or record of payments**



**Extortionate interest rates and
refuse to give you information about
the loan**



**They might get nasty and threaten
you if you fall behind on payments**

Report - 0300 555 2222

STOPLOANSHARKS
Intervention . Support . Education

Welfare Rights and Money Advice Service



Helpline factsheet

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

We can help

Claiming the right benefits or finding information can be hard work and very confusing during the coronavirus pandemic, but don't give up!

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

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

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

You can also find advice and information, some of it specific to the coronavirus pandemic, on our website:

<https://www.bristol.gov.uk/benefits-financial-help>

This factsheet is produced by Bristol City Council Welfare Rights and Money Advice Service

WHAM | Warmer Homes, Advice & Money

Are you struggling with energy bills or topping up your gas or electricity prepayment meter due to Covid-19?



WHAM can help!

- **Call your gas or electricity supplier first**, they may be able to offer short-term support.
- If you are still struggling to top up or are worried about paying your next bill, **contact the Warmer Homes, Advice & Money team!**

Call us on **0800 082 2234**

or fill in the contact form at www.cse.org.uk/covid-support



BRISTOL
energy



talking money
advice, support & information



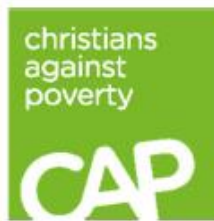
Are you paying for expensive electric heating?

- If you are using electric heaters to heat your home you might be eligible for funding to upgrade to gas central heating - a new efficient boiler and radiators to help you **keep warm and save money on your bills.**
- **Gas is much cheaper than electricity** - about a quarter of the price - so by installing a new, more cost effective, gas heating system your bills will become more affordable.
- **Even if you currently have no gas connection** we can get you connected.
- **There are several ways you can qualify.** If you're receiving any benefits or have a low income it's worth getting in touch, or you may qualify based on your postcode.

We can check if you qualify, call us on **0800 082 2234**

or fill in the form at www.cse.org.uk/whf





Looking at the whole person

Debt is so often a symptom or cause of a wider issue for people. Each CAP Debt Centre has a team of local volunteers whose role is to befriend clients, supporting them practically and emotionally. In addition, our professionally trained debt caseworkers at our Bradford head office are available via phone, email and text, Monday to Friday.



Our typical clients

28% are single parents

46% live solely on benefits

35% considered or attempted suicide before contacting CAP

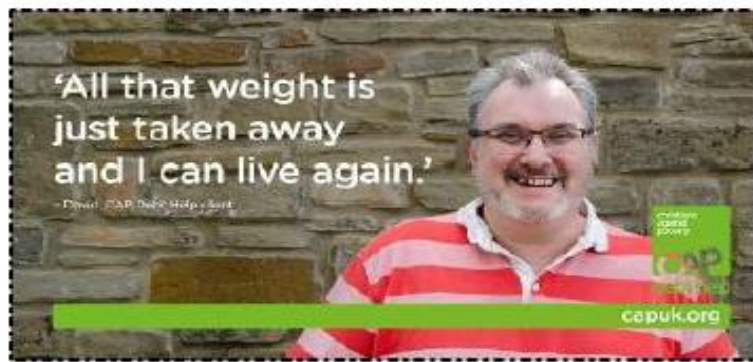
£15,108 average household income

WHAT CAP DEBT HELP PROVIDES

Face-to-face and accessible

Local CAP Debt Coaches visit clients in their own homes, giving them a friendly face to connect with. Home visits mean our service can be accessed by anyone. Our service is completely free, which means there are no financial barriers to receiving our help. There are no minimum repayment requirements, or limits on amount of debt or income. We will also aim to assist clients in opening a basic bank account if needed.





WHAT CAP DEBT HELP PROVIDES

In-depth and long-term debt help

Every client is given a budget that prioritises living costs first. CAP then negotiates with creditors to form repayment plans based on what the client can afford. If a client receives a letter from a creditor, they simply send it to their casework team at CAP head office in a Freepost envelope. Scottish clients also have the option to be referred to the Debt Arrangement Scheme (DAS), with CAP acting as Approved Money Adviser for means of initial application and future variations to payment. If a client's situation changes and their income is affected, CAP will adjust their budget and negotiate with creditors to keep everything on track. We stay with clients, supporting them until they are debt free.



Easy payments: the CAP Plan

Each client has a CAP Plan into which they make one monthly payment. This covers bill and debt repayments, which we then distribute on their behalf. Savings are also built in so each client can prepare for unexpected expenses or events like Christmas.



Insolvency options

We provide a full insolvency service, offering bankruptcies, Debt Relief Orders, Individual Voluntary Arrangements and, in Scotland, Trust Deeds and sequestration. CAP will discuss all the options with a client and advise on the best possible insolvency route for them. Specialist advice is also available for complex cases and local CAP Debt Coaches will often attend court with clients to support and reassure them.

Refer by asking the client to call our New Enquiries team on: 0800 328 0006 or by going to: capdebthelp.org



Bristol North West CAP Debt Centre:

Contact Debz on 07526024240 or email debzspinney@capuk.org



Worried about benefits, debt or money issues?

North Bristol Advice Centre is OPEN for FREE phone advice. Get in touch by email team@northbristoladvice.org.uk; call their NEW contact numbers 07731 842 763 or 07595 047 278; or through their website www.northbristoladvice.org.uk.

If you need advice on housing, employment or other matters, they'll put you in touch with a Bristol advice agency that can help.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend,
help to protect
your family, friends
and neighbours
from scams.

Read It.
Share It.
Prevent It.

#Coronavirus
#ScamAware



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

EU SETTLEMENT SCHEME THE APPLICATION



If you are an EU citizen¹, you and your family members are able to apply to the EU Settlement Scheme to continue living in the UK

For more information on the EU Settlement Scheme, including the support available, visit gov.uk/eu-settled-status



What is the EU Settlement Scheme?

The EU Settlement Scheme allows you and your family members to get the immigration status you will need to continue to live, work and study in the UK. This status means you can continue to be eligible for:

- public services, such as healthcare and schools
- public funds and pensions
- British citizenship, if you meet the requirements and want to apply.



The application

You will need to complete a short online application form using a computer, tablet or mobile phone. It is free to apply to the EU Settlement Scheme.

Your application saves automatically, so if you want to, you can start your application and then complete it at another time. It is free to apply to the EU Settlement Scheme.



Application guidance can be found on [GOV.UK](https://gov.uk).

Once you have read the guidance, start your application at gov.uk/apply-eu-settled-status.



When you apply

You will need the following to complete your application:

- ✓ Access to the internet on a computer, tablet or smartphone
- ✓ A valid passport, national identity card, or biometric residence card (if you are a non-EU citizen)
- ✓ A recent digital photograph of yourself or the ability to take one using a mobile phone or camera
- ✓ Your National Insurance number, if you have one
- ✓ You may need to provide proof of residence, for example bank statements, utility bills and pay slips. For a list of suggested evidence that is accepted visit gov.uk/eu-evidence-of-residence.

You can get support over the phone or in person if you need online assistance.



For more information on application support visit [GOV.UK](https://gov.uk).



Proof of identity

You will need to prove your identity and nationality using a valid passport or national identity card. If you are a non-EU citizen you can use a valid passport or biometric residence card. If you do not have any of these documents, alternative evidence of identity and nationality may be accepted in some circumstances.

You will need to provide a digital photo of yourself which will be checked to make sure it matches the photograph on your identity document. Non-EU citizens will also need to provide fingerprint biometrics if they have not already done so, for the purposes of being issued a biometric residence card.



You can use the EU Exit: ID Document Check app to prove your identity. If for any reason you are unable to complete the check using the app, you can send in your identity document to the Home Office by post, or you can visit a location providing access to the ID document scanning service. A list of locations can be found at gov.uk/eu-id-scanner-locations.



Proof of residence

There are a number of ways to provide evidence of your residence. Providing your National Insurance number (if you have one) should help you prove your residence in the UK. It will help tell us whether you are eligible for settled or pre-settled status.

There may be cases where residence cannot be proven automatically in this way and we may require additional evidence. If that happens, do not worry. You can easily submit further evidence online by uploading photos or scanning your documents into your application. For a list of suggested evidence that is accepted visit [gov.uk/evidence-of-residence](https://www.gov.uk/evidence-of-residence).



Criminality check

You will be asked to declare any criminal convictions. Only serious or persistent criminality will affect your application. This will not affect the vast majority of EU citizens and their family members.



Approval

Successful applicants will get digital proof of their status through an online service. In most cases your new immigration status will be granted within a couple of weeks. You can track the progress of your application online. Once you receive your status, details will be provided on how to access it on [GOV.UK](https://www.gov.uk).



You will not get a physical document unless you are from outside the EU and do not already have a biometric residence card.



Where can I find out more?

Visit the website [gov.uk/eu-settled-status](https://www.gov.uk/eu-settled-status) to:

- read the application guidance
- start your application
- find out about next steps and citizenship



Support

If you have individual questions about your application, you can contact the EU Settlement Resolution Centre by calling 0300 123 7379 or +44 (0) 20 3080 0010 from outside the UK. Find out about call charges on [gov.uk/call-charges](https://www.gov.uk/call-charges).

You can also ask a question using the online submission form eu-settled-status-enquiries.service.gov.uk



For more information on the EU Settlement Scheme, including the support available, visit [gov.uk/eu-settled-status](https://www.gov.uk/eu-settled-status).

For information on the support available, visit www.gov.uk/apply-eu-settled-status