



**Families in
Focus**



**Children &
Families
PARTNERSHIP**

Families in Focus Bulletin - Part 1 **Information and Support for Families, Parents/Carers and Young People**

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

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

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

Part 2 – Information and Support for Practitioners

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

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

Contents

Services and Events for Parents and Carers	4
Community Funday, Hartcliffe & Withywood.....	5
Knowle West Media Centre	6
Build Hedgehog House and Family Fun BS4	6
Tales of Care and Repair	7
The Factory Takeover, Knowle West Media Centre & Maker City	8
Free activity sessions, South Bristol Children Centre Hub.....	9
BS3 Community.....	10
BS3 Toddlers Playgroup	10
Toddlers and Grandparent group	11
Hartcliffe Fun Days, Brave Bold Drama.....	12
October Half Term, Fun 4 Families	14
South Bristol Children’s Centre Timetable October / November 2021	15
Bristol Food Club, Family Action	17
Fun for Families.....	18
Autumn Newsletter.....	19
Supportive Parents Update.....	21
Bristol’s SEND Local Offer	23
Services and Events for Children & Young People	24
Online mental and wellbeing community, Kooth	25
What Would You do? CrimeStoppers and Unique Voice.....	26
Youth Moves	27
Junior Youth Club	27
Inters Youth Club.....	28
Seniors Youth Club.....	29
Knowle West Media Centre	30
Future Legacy Project STEM programme	30
After-School Sessions Jump Studios	32
Advice and Support Services	33
FLORA.....	34
Debit Advice, South Bristol Debt Advice Team	35
South Bristol Advice Service.....	36
Welfare Rights and Money Advice Service, WRAMAS.....	37
Counselling Sessions, Emerging Stronger	39
Previously Looked After Children, The Hope	40

Community Access Support Service, CASS Bristol	41
Children Bereavement Drop-In Sessions, Winstons Wish	42
Courses, Learning Skills and Development	43
Community Learning West	44
Free Courses.....	44
Craft & Budgeting.....	47
Eat Well Live Well	48
Independent Advocacy	49
Workshop and Training, Knowle West Alliance.....	50
Sirona School Health Nurse Webinars, Community Children’s Health Partnership.....	53
6 week courses, The Gatehouse	54
Prince’s Trust.....	56
Get Into Hospitality with GREGGS	56
Careers Support	57
Get Started with Health and Fitness	58
Looking for Work or Training? One Front Door	59
Learn to read, Read Easy.....	60
We Work for Everyone.....	61
Love Learning about Money Together.....	63
Youth Mental Health First Aid Training, My White Dog	64

Services and Events for Parents and Carers



BRINGING THE COMMUNITY



Hartcliffe & Withywood
COMMUNITY
FUNDAY

Thursday 28th October
12-4

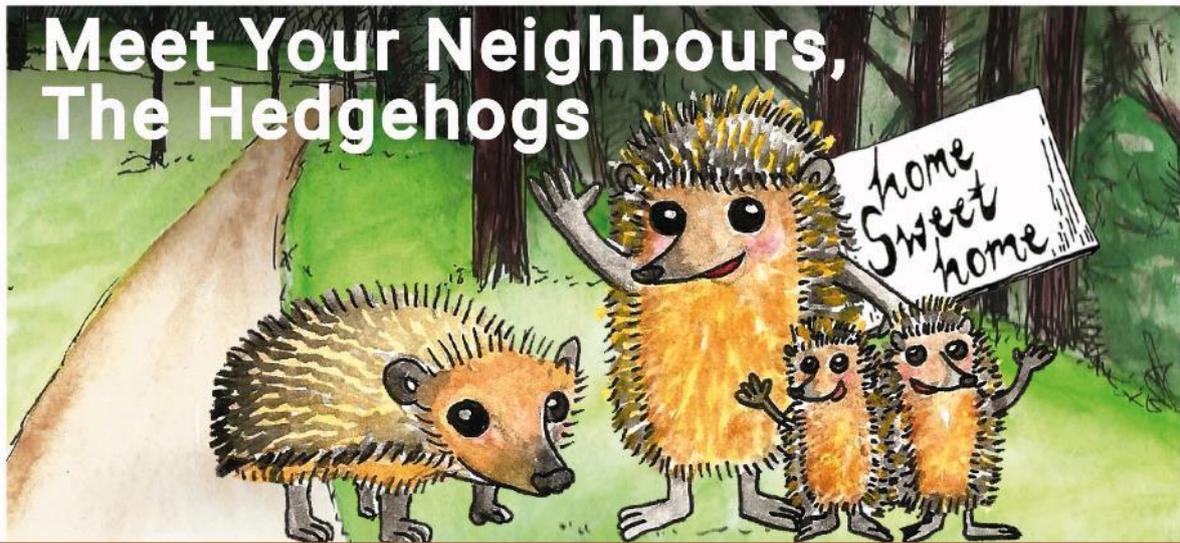
Morrisons Carpark
(next to garage)



TOGETHER AGAIN

HWCP & Morrisons working in Partnership

Knowle West Media Centre
Build Hedgehog House and Family Fun BS4



Hedgehogs are in trouble,
but we can give them a helping hand.

Build your own Hedgehog House and family fun in BS4 this AUTUMN!

Join us for a workshop to build your own hedgehog house.
This can be placed in your garden, allotment, or a community
garden in South Bristol.

MON: 25/10/ 2021
11am-1pm
at Redcatch Community Garden, BS4 2RD

THUR: 28/10/2021
11am-1pm
at Inn's Court Community Centre, BS4 1TR

THUR: 28/10/2021
2pm-4pm
at Filwood Community Centre, BS4 1JP

FRI: 29/10/2021
11am-1pm
at the Bommie, on the Northern Slopes
with Avon Wildlife Trust, BS3 5JB

FRI: 29/10/2021
2pm-4pm
at the Bommie, on the Northern Slopes
with Avon Wildlife Trust, BS3 5JB

Workshops are free for residents in BS4. Spaces are limited, so please book:
Contact: annali.grimes@kwmc.org.uk or 0117 903 0444

Bristol Health Partners
Supporting Healthier Inclusive Neighbourhood Environments

SHINE

KWMC*
THE FACTORY

KWMC*
KNOWLE WEST MEDIA CENTRE

Tales of Care and Repair



Do you **fix** things for a living?

Or like to make do and **mend**?

Tales of Care & Repair

Come and **share** your stories of repair, from **professional to DIY**, and even **failed** attempts!

Join us at the following events:

Building Repair-Centred Neighbourhoods, Inspire Talk

Online talk 🖱️

Wednesday 6th October 📅

12:30pm - 1:30pm 🕒

Live via YouTube 📍

Repair Stories and Declaration, Community Workshop

👤 Workshop (in-person)

📅 Friday 15th October

🕒 10:00am - 4:00pm

📍 KWMC The Factory

Unit 25 Filwood Green Business Park
1 Filwood Park Lane
Bristol, BS4 1ET



Visit kwmc.org.uk/projects/tales-care-repair/ for more information or email fiona@kwmc.org.uk to sign up

Tales of **Care & Repair** is led by **Repair Acts** at the University of the West of England in collaboration with **Toxics Link**, India and **Gambiologia**, Brazil.





The Factory Takeover

In collaboration with Maker City

Thursday 28th October 10am - 1pm

Suitable for families*

KWMC: The Factory and Maker City have teamed up to put on an event in half term that is open to families.

Join us to learn about sustainability through interactive demonstrations and activities, have your say on the big environmental issues we face today, and have a peek at the newly renovated KWMC The Factory space! Come and get hands on designing laser cut protest placards, experimenting with biomaterials, and see how The Factory turn their plastic offcuts and waste into new recycled sheets.

There will be limited spaces available, and you will need to book a space for everyone in the family so we know how many people to expect. Please complete the interest form below, and we will respond to you with full registration details and confirmation of your spaces for the event.

Contact clara@kwmc.org.uk for more information or if you have any questions.

*Children must be supervised by their responsible adults at all times. If you need to bring along young children/babies please be aware that prams + pushchairs will need to be left at the entrance, so please make sure that all small people coming along can either be carried or can walk around themselves!

Link to book: <https://airtable.com/shr99cQc6F8IRjSVF>



Free activity sessions, South Bristol Children Centre Hub

Take a small step to getting more active

Looking after yourself and getting a bit of regular exercise is tough when your kids are small. If you do get a few spare minutes to yourself, where do you even start?

This Autumn help is at hand. Children's Centres across South Bristol are putting on fun, free sessions where mums can get active with their little ones. There's something for everyone; you can get down at Boogie Disco and Move Together, chill out at Toddler Yoga or enjoy some fresh air and a chat at Buggy Walk and Talk.

The weekly sessions are open to mums with children under five living in South Bristol and are funded by the Bristol Girls Can project, a local campaign which aims to break down barriers around exercise and inspire more women to get active in the city.

For details call 07920 416 161, check our Facebook page @SouthBristolChildrenCentreHub or visit www.southbristolcc.org.uk



Community

BS3 Toddlers

Weekly bookable playgroup with sessions suitable for all ages.

* term time only



Weekly playgroup with sessions suitable for all ages.

**Guarantee your space by pre-booking.
Walk-ins welcome subject to space.**

**A range of fun activities including
crafts, singing and sensory play.**

**Wednesday mornings 9-10.30am*
Southville Centre, Beaulay Road, BS3 1QG.**

**Taster session £2.50. Further sessions £3.50 for one adult and child.
50p for each additional child. Refreshments included.**

To book your session please email info@bs3community.org.uk

All welcome.

**BS3 Community Development. The Southville Centre,
Beaulay Road, Bristol BS3 1QG. 0117 9231039 info@bs3community.org.uk**



Community

Toddlers and Grandparents

TAG is a weekly drop-in playgroup with sessions suitable for children aged 1+ accompanied by a grandparent.

* term time only



A range of fun activities including crafts, singing, sensory play and story time.

FREE to attend. Refreshments included
Suggested refreshment donation of £3.

Wednesday mornings 10.45 am – 12 noon.*
Southville Centre, Beaulay Road, BS3 1QG.

No need to book, just drop in.

All welcome.

BS3 Community Development. The Southville Centre,
Beaulay Road, Bristol BS3 1QG. 0117 9231039 info@bs3community.org.uk

HARTCLIFFE FUN DAYS



FREE

but you must
book in
advance

to book your
space ring
0117
9640 037

doors open
11.15am
performances
11.30-12.30

lunch available
12.30-1.30pm

creative
workshops
1.30pm-3pm



Free family arts events at
Hartcliffe Community Centre
including theatre, live music and dance
plus creative workshops and a free take-home pack of
creative materials every month. For families living in BS13.

SEP 19	OCT 17	NOV 21	DEC 19	JAN 16	FEB 20	MAR 20
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Funded by Bristol City Council Originators Fund
Produced by Brave Bold Drama
www.bravebolddrama.co.uk/events



HARTCLIFFE FUN DAYS

AM performances: 11.30am -12.30pm (doors open 11.15am)
PM workshops: 1.30pm-3pm

SEP 19	AM Theatre: "The Munch Mission" by Brave Bold Drama Choose-your-own-adventure theatre PM: Arts and crafts workshop based on the show by Brave Bold Drama associates	
OCT 17	AM Theatre: "The Spooky Mission" by Brave Bold Drama Choose-your-own-adventure theatre PM: Traditional Mexican art "Day of the Dead" workshop by Viva Los Muertos	
NOV 21	AM: Live Music and Dancing By local professional musicians and dancers PM: Junk modelling musical instruments and "jam" session by Brave Bold Drama associates	
DEC 19	AM: Theatre: "Yule Be Merry" by Brave Bold Drama Ridiculous festive family comedy PM: Christmas gift making by Brave Bold Drama associates	
JAN 16	AM: Traditional Japanese New Year music and dance by Bristol Japan Cultural Showcase PM: Origami and traditional Japanese writing workshop by Bristol Japan Cultural Showcase	
FEB 20	AM: Traditional Chinese Lion dance by Bristol University Chinese Lion Dance team PM: Traditional Chinese New Year arts and crafts by Brave Bold Drama associates	
MAR 20	AM: Theatre "The Discovery Lab" by Brave Bold Drama Aliens come to learn from you, the earth experts. PM: Nature art to decorate Hartcliffe public spaces by Brave Bold Drama associates	

Please note these are FAMILY ART events.
Parents & carers must remain present at all times.
Workshop activities are for families to do together.

Lunch can be purchased at these events from Hartcliffe Community Centre.

www.bravebolddrama.co.uk/events

**OCTOBER
HALF TERM
2021**

What's On:



- 25th - BS14 Outreach Walk 7PM
- 26th - Halloween Cookery @ Imperial Sports Ground, West Town Lane, BS14 11AM - 1PM
- 27th - Noah's Ark Zoo Farm 10.30AM
- 28th - Diwali Arts & Crafts @ Imperial Sports Ground, West Town Lane, BS14 11AM - 1PM
- 29th - Online Safety to raise awareness on Internet Day.
- 31st - Halloween Party! Imperial Sports Ground, West Town Lane, BS14 3pm - 6pm



You must book in advance for these events.



South Bristol Children's Centre Timetable October / November 2021

South Bristol Children's Centre Timetable -
October / November 2021

Group	When & Where	How To Book
<p>Forest school Join Duane and friends for some fun and child-centred outdoor learning. Forest School offers opportunities for holistic growth, supports play, exploration and risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.</p>	<p>Monday 1:30pm to 2:30pm @ South street park Bedminster Tuesday 1:30pm to 2:30pm@ Stockwood children's Centre. Wednesday 9:30am to 10:30am @the pod in Withywood park. Wednesday 1:15 to 2:15pm @ the Bommie in Knowle Friday 1:30 to 2:30pm@ Millennium green. Hartcliffe.</p>	<p>No booking required- just turn up suitably dressed for the weather to the session closest to you. Term ends on Friday 26th November. Please check your local Children's Centre Facebook page for updates on this group.</p>
<p>5 to thrive Baby Groups Come along to one of our fun and interactive sessions to learn about the things you do every day that help your baby's growing brain! Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's, carers and babies. Group size are limited so booking by calling the children's centre is essential.</p>	<p>Monday 10:00 to 11 :00am @ Stockwood Children's Centre Tuesday 9:30 to 11:00am @Bishopsworth Children's Centre Tuesdays 1:30 to 2:30pm @ Bedminster Children's Centre Thursday 1-2 pm @ Hartcliffe Children's Centre</p>	<p>Call Stockwood CC on 0117 3533503. Call Bishopsworth CC on 0117 9781028 Call Bedminster CC on 0117 3746362 Call Hartcliffe CC on 9038633</p>
<p>Buggy Walks Join us for a social distance buggy walk. Meet other Parents and carers, while getting some gentle exercise.</p>	<p>Tuesday 11:00 to 12:00pm @ Redcatch park Wednesday 9:30 to 10:30am from Hartcliffe Children's centre</p>	<p>No booking required- just turn up suitably dressed for the weather to the session closest to you.</p>

South Bristol Children's Centre Timetable -
October / November 2021

Group	When and Where	How To Book
<p>Baby Sing and Sign- Making Music Come and join the fun with your little 1's. Enjoy rhymes and action songs with instruments for your baby to make and explore. A great way to start your day with a smile!</p>	<p>Friday mornings from 10:00 to 11:00 am @ Knowle West Nursery School BS4 1NN</p>	<p>Please text or call Tracey from Knowle on 07920 416161 to book and check availability.</p>
<p>Baby Massage Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.</p>	<p>Wednesday 1-2 @ Stockwood Children's Centre Thursdays 10:30 to 11:30am on zoom Thursdays 1:30 to 2:30pm @ Bishopsworth Children's Centre</p>	<p>Call Stockwood CC on 01173533503 Call Bedminster CC on 0117 3746362 Call Deb on 0117 9781028 or text/call her on 07795 953069</p>
<p>Young Parents Group We welcome parents who are 25 Yr's or younger. A great chance to make new friends with other families while the children enjoy activities and BOING soft play.</p>	<p>Thursdays 1:15 to 2:15 pm followed by soft play in BOING @ Inns Court Community Centre</p>	<p>Please text or call Tracey from Knowle on 07920 416161 to book and check availability.</p>



Group	When and Where	How To Book
<p>Boogie Disco Music, Disco Lights and Boogie! Move, and Groove with your children to the sound of all the fun party classics. Finish with your children exploring the amazing soft play equipment at Boing. A fun active to start your day!</p>	Thursday at 11:30 to 12:15pm @ Inns Court Community Centre BS4 1TR	Please text or call Tracey from Knowle on 07920 416161 to book and check availability.
<p>Wellbeing groups; Mindful Mondays: A six week course for parents of under 5's which provides steps, activities and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax. Crèche available Make and Take: A group to help your wellbeing. Come and relax, make friends and try out new crafts and take them home. Crèche available.</p>	At Hartcliffe Children's Centre on Monday's 1-2.30pm Bedminster Children's Centre Tuesdays 10.30-11.30	To book call; Hartcliffe on 0117 9038633 for Mindful Mondays Bedminster CC on 0117 3746362 for Make and Take.
<p>Breastfeeding Support We welcome expectant and breastmilk feeding families in the groups where we can offer information and support on all topics relating to breastfeeding. These include, starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding and stopping breastfeeding.</p>	Monday 12:30 to 2:00pm @ Bishopsworth Children's Centre Tuesday 9.30-11 @ Inns court community centre, Knowle. Tuesday 1:00 to 2:30pm @ Bedminster Children's Centre.	Call Bishopsworth CC on 0117 9781028 For inns court text or call Tracey from Knowle on 07920 416161. Call Bedminster on 0117 3746362 For further support look up 'Bristol Breastfeeding Mummies' on Facebook or Email: bristolbreastfeeding@bristol.gov.uk

Group	When and where	How To Book
<p>Tots talking Find out how everyday activities can boost your child's talking skills, get ideas for simple toys and games you can make at home. Crèche available on request.</p>	Thursdays 10 -11am @ Bedminster Children's Centre From 14 th October to 9 th December	Please email sirona.sitearlyyears@nhs.net or call Fatuma on 07795952446
<p>Early years Speech and Language drop-in sessions Free advice for parents. Chat to one of our speech and language therapists about your child's Speech, language and communication development.</p>	Wednesday's 9:30-1230pm on zoom	Please Call 0300 1256279 https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family
<p>Stay and Play. Stay & Play is a fun filled group for families with children aged 0 - 5. This space provides planned and age appropriate sensory activities and physical soft play areas, for you to play, learn, bond, explore and develop together.</p>	Tuesday 9.15 – 10.15 at Inns court community Centre BS4 1TR Tuesday 10-11 @ Hengrove Leisure Centre BS14 ODE	For Inns court call text or call Tracey from Knowle on 07920 416161 to book and check availability. At Hengrove we have a really big hall so no need to book! .

Group	When and where	How To Book
<p>Food Clubs Food club offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20. The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club.</p>	Tuesday 9:15 to 11:15am @ Stockwood Children's Centre Wednesday 12:30 to 2:30pm @ Freeling House, Redcliffe Thursday 1:00 to 3:00pm @ Inns Court Community Centre Friday's 10:00-12:00pm @ Hartcliffe Children's Centre	To register and for more information please contact the members of staff below or ask in your Children's Centre; Stockwood; Helen on 07920 416405 Redcliffe; Sharon on 07795952596 Inn's Court; Duane on 07795952961 Hartcliffe; 07880 151392
<p>Move together Let's get our bodies moving together in this fun physical activity session.</p>	Mondays 10:00 to 11:00am @ Faith space, Redcliffe Mondays 9:30 to 10:30am @ Ilminster Avenue Nursery school BS4 1BX	For Redcliffe contact Bedminster CC on 0117 3746362 For Ilminster Avenue text or call Tracey from Knowle on 07920 416161
<p>Please contact us at your local Children's Centre. We are the place where families can go to find the right service meet there needs and connect with others.</p>	We are funded by Bristol City council to provide a wide range of high quality family support and services for babies and pre-school children and there families within the local community. These groups run during the school term only and are free and friendly! (voluntary donation towards resources are welcome)	Facebook- https://www.facebook.com/SouthBristolChildrenCentreHub/ Website – http://www.southbristolcc.org.uk Email – sbcc@bristol-schools.uk

Bristol Food Club, Family Action

Bristol and B&NES FOOD Clubs September 2021



**Food On
Our Doorstep**

Day	Club	Status	Contact
Tuesday 9.15-11.15am	Stockwood Children's Centre Whitlock Rd, Bristol BS14 8DQ	Spaces available	Helen Richards 0117 353 3503 helen.richards@bristol.gov.uk
Tuesday 9.30-11.30am	Lockleaze The Vench, Romney Ave, Lockleaze, Bristol BS7 9TB	Spaces available	0117 910 3930 (The Vench) Emily.vaughan@family-action.org.uk
Tuesday 12.30-2.30pm	Broomhill , St Peter's Methodist Church, 170 Allison Rd, Brislington.	Spaces available	0117 353 4276 eastbristol.childrenscentres@bristol-schools.uk
Tuesday 2.00-4.00pm	Knowle West Children's Centre Leinster Avenue, Knowle West, Bristol, United Kingdom BS4 1NN	Spaces available	Janet Nawrocki 0117 903 0214 janet.nawrocki@bristol-schools.uk
Wednesday 9.30-11.30am	St Pauls Children's Centre Family Hub, Little Bishop Street BS2 9JF	FULL	Yvonne Young 07467335706 yvonne.young@bristol-schools.uk
Wednesday 12.30-2.30pm	Redcliffe Children's Centre Freeling house, Prewett street, BS1 6RE	Spaces available	Sharon Hill 07795952596 sharon.hill@bristol-schools.uk
Wednesday 1-3pm	Barton Hill Wellspring Settlement 43 Ducie Rd BS5 0AX	Spaces available	Gabrielle Lobb 0117 9556971 admin@bartonhillsettlement.org.uk
Wednesday 1.30-3.30pm	Lawrence Weston Oasis Hub House – 98B Long Cross, Lawrence Weston, BS11	Spaces Available	Emily Vaughan Emily.vaughan@family-action.org.uk
Thursday 10-12pm	Southmead Children's Centre Doncaster Rd, Bristol BS10 5PW	Spaces available	Emily Vaughan Emily.vaughan@family-action.org.uk
Thursday 1-3pm	Inns Court Community & Family Centre, 1 Marshall Walk, Bristol BS4 1TR	Spaces available	Duane Bryant 07795952961 duane.bryant@bristol-schools.uk
Thursday 1-3pm	Oldbury Court Children's Centre Frenchay Rd, Bristol BS16 2QS	Spaces available	0117 3532899 eastbristol.childrenscentres@bristol-schools.uk
Friday 10-12pm	Hartcliffe Children's Centre Hareclive Rd, Bristol BS13 0JW	Spaces Available	Liz Kite 0117 903 8633 (Hartcliffe CC) Liz.kite@family-action.org.uk
Friday 9.30-11.30am	Lockleaze The Vench Romney Ave, Lockleaze, Bristol BS7 9TB	FULL	0117 910 3930 (The Vench) Emily.vaughan@family-action.org.uk
Friday 12.30-2.30pm	Speedwell Meadow Vale Community Centre. 42 Meadow Vale, Speedwell, Bristol BS5 7RF	Spaces available	01179030206 eastbristol.childrenscentres@bristol-schools.uk
Friday 1-3pm	Oasis Connaught Academy, Melvin Square, Bristol BS4 1NH	Spaces Available	Sammy Ball 01275 894590 Sammy.Ball@OasisConnaught.org
Friday 3-5pm	Bedminster United Reformed Church, 48 Stanley St S, Bedminster, Bristol BS3 3PG	FULL	Jackie Smith 01179231039 food@bs3community.org.uk

Fun for Families



Fully Inclusive - Memory Makers - Social Support

Fun 4 Families is a community organisation in Bristol. Our headquarters are in Hengrove, but we provide our services across the city and surrounding areas. We organise events, activities, parties and trips for families to enjoy during the school holidays and at weekends. We always ensure that our prices are the lowest possible, and we offer payment plans to all who book with us. This is because we understand the stress that finances can bring so we want to make our services accessible to all. We will always work with people to find a way to enjoy our services, without it breaking the bank!

Our ethos is to encourage a stronger supportive community while providing low-cost affordable events and activities for all to enjoy.



The co-founders of #F4F are Esther and Nathalie, who started by planning a halloween party back in 2018! It was so successful and truly brought the community together so they decided to book a group for the pantomime at Bristol Hippodrome and it grew from there. Since then, #F4F has enjoyed camping weekends, bus trips to the seaside as well as local picnics, parties etc.



As we became acquainted with the individuals and families who were attending our events, we quickly realised there was an absolute need for social support. To share experiences, and feel like they are not alone all while joining in a group activity. This is what makes Fun 4 Families **UNIQUE** because we provide an opportunity for families to meet, forge friendships and allow them to make memories that will last a lifetime.



During 2020, Covid-19 hit the world and has changed our lives, which meant that Fun 4 Families had to re-assess how they were going to support their members. Obviously the trips and events couldn't go ahead, so the focus turned to social media and internet based interaction.

Through Facebook and Instagram, we have raffles, competitions, host "Lives" and much, much more. We also create activity packs for children to encourage working as a team within their own household. So far we have handed out over 500+ packs for Christmas, Halloween, Easter and Mother's Day!

Get in touch and join the fun via:

Facebook.com/fun4familiesuk

Website: www.fun4familiesuk.com

Insta: @fun4familiesuk

Email: fun4familiesuk@gmail.com

Twitter: @fun4familiesSB

Call/Whatsapp: 07498 233 499



Autumn Newsletter

2021

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!



What an incredible summer! We hosted a range of events over the 6 weeks holiday thanks to funding and support from Bristol City Council and FareShare and of course our committed volunteers!

From our popular bug hunt, cooking classes + arts and crafts. We also arranged trips to Weymouth, Noahs Ark Zoo Farm, and camping in Cornwall. We were able to engage with so many families from our community and we loved every minute of it!



Volunteers from the F4F team chose their favourite moment from the summer:

Kelly said that Camping in Cornwall was her favourite moment because the children worked together to make the fire (with adult supervision of course!) and then helped the parents to cook a delicious BBQ dinner.

Nathalie loved the interactive story-time during one of the arts and crafts sessions, getting the younger children to act out We're Going On a Bear Hunt and Little Bee!



As an organisation we have seen our member base triple in size, therefore we are once again on the lookout for more volunteers to join us! We provide training and other perks are included. Just drop us an email or a message to find out more!





We continue our walks around BS14 to reach out to youths and get an idea of whats happening on our streets. We know this area is badly affected by anti-social behaviour so we're getting out there to engage with with teenagers. Alongside that, we're encouraging kids of all ages to put some football boots on and train with our local rugby team, St Bernadette's OB RFC. We're collecting donations of football boots to help those that might not be able to afford boots. If you have any you can donate, including shorts/kit, please drop a text to our dedicated number 07498 233 499 or email fun4familiesuk@gmail.com.

What's next...!

Competitions Raffles Parties

We have lots happening in the run up to Christmas! So in no particular order we are:

- Starting a Parent Support group @ The Community Hub at Perry Court E-Act Academy in Hengrove BS14
- Collecting football boots for children so they can join local BS14 teams.
- Interactive Story Time for Under 5's @ The Community Hub at Perry Court E-Act Academy.
- BS14 and Surrounding Areas Christmas Toy Appeal - Amazon list is **LIVE!**
- Raffles happening on Facebook every week in the run up to Christmas.
- Hippodrome tickets available for: Sister Act, Cher, Chicago + Joseph & The Technicolour Dreamcoat. Deposits are required and strictly non-refundable.
- October Half Term Activities will be posted online via social media but is also attached to this newsletter.

- **247 Emergency Line is 07498 233 499**
- **Small essential shops available for vulnerable people**
- **Volunteers always needed!**

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!

Email: fun4familiesuk@gmail.com or text/call: 07498233499
 Insta: @fun4familiesuk Twitter: @fun4familiesSB
 www.fun4familiesuk.com





Supportive Parents are announcing some exciting changes! 🌈 😊

We are changing our name and refreshing our logo - the changes are coming into effect this week. This means that our website will be updated to match our new name, along with our social media channels. We have already started to make these changes on our social media and we are also launching an Instagram account under the new name.

From now on, as an organisation, we will be known as SEND and You - SAY.

The decision to change our name was initiated by feedback from service users, lots of whom felt that the name indicated that we only work with parents, and also that we are a voluntary organisation where parents support other parents. We have since sought further feedback from our service users, staff, trustees and other professionals and have developed our new name and branding accordingly. Our central aim is to ensure that our name reflects who we are and what we offer - including being able to use the acronym SAY to continue our quest to engage more children and young people directly.

Our goal is to promote and raise awareness of the services that SEND and You, formerly Supportive Parents, offer to children and young people with special educational needs and disabilities, along with their parents and carers in Bristol, South Gloucestershire and

North Somerset. We will continue to provide these services as normal throughout this period of transition.

Look out for more information and updates [on Facebook](#), or [on Twitter](#) and on our website sendandyou.org.uk. We have also [launched an Instagram page](#) – follow us there for more updates and content. If you have any questions about the changes, don't hesitate to get in touch by [clicking here](#).

SEND and You New Video



We have created a new animated video which explains what we do.

SEND and You provides the Special Educational Needs and Disabilities Information, Advice and Support Service for Bristol, South Gloucestershire and North Somerset.

South Gloucestershire and North Somerset.

Click to see our new video explaining more about SEND and how we can support parents, carers, children and young people with special educational needs and disabilities.

Hit the like button and [subscribe to our channel on Youtube](#) to be updated on our new content in the coming months.

SEND and You Events

Be sure to follow SEND and You on Eventbrite and keep an eye out for free tickets to our upcoming events across Bristol, North Somerset and South Gloucestershire.

[SEND and You Events | Eventbrite](#)



Online
information
for young people
14 to 25 with special
educational needs
and disability (SEND)

 **Bristol's SEND
Local Offer**

www.bristol.gov.uk/localoffer

Find out about:

- education and training options
 - accessible activities
 - local youth groups
 - where to live
 - getting a job
- and more...



bristollocaloffer@bristol.gov.uk

Services and Events for Children & Young People

Online mental and wellbeing community, Kooth



Your online mental wellbeing community

Free, safe and anonymous support

Just some of the things you'll find on Kooth



Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Our community is here to support you through anything. Big or small.

[Join Kooth](#)



[Home - Kooth](#)



We would be delighted to invite you to the 'What Would You Do?' (WWYD) Finale Film Showcase on **Wednesday 20th October 2021, 6-8pm at the St Michael's Centre, Stoke Gifford.**

This innovative project, 'Safe on my Street' was designed in collaboration with West Country Crimestoppers and Unique Voice CIC as an early intervention to issues such as; street crime, exploitation, knife crime, county lines, grooming, antisocial behaviour, domestic violence and online safety issues.

Throughout the project we have worked with young people from two Bristol primary schools, Westbury Park and Frome Vale Academy, who have explored these subjects through creative workshops, culminating in the creation of two professionally produced films which highlight the children's learning and ideas on these subjects. With the help of Crimestoppers, the children have been creatively exploring how to speak out and stay safe when it comes to crime.

Join Crimestoppers in the West Country, Unique Voice, community members and most importantly the talented and creative minds of Bristol's young people aged 9-10 for a finale night of learning, celebration and a clear message that Crimestoppers can help our city become a safer place. Please note, as this is an in person event, Covid controls will be in place throughout.

Please register your attendance on Eventbrite by following [this link to register on Eventbrite.](#)

We look forward to seeing you there.

Kindest regards, Unique Voice and West Country Crimestoppers





FREE for young people in Years 4-6 (aged 8-11)

**Every Thursday (3.45-5.15pm)
at The Park, Knowle**

- Fun activities every week including arts, sports and music
- Trips and days out across the year
- Annual residential trip to Barton Camp

Don't miss out, come and join us!



For more information visit
youthmoves.org.uk

Inters Youth Club



INTERS YOUTH CLUB

Friday evenings 5.30-7.30pm at The Park

Open to all young people aged 11-13 years old
FREE to attend

www.youthmoves.org.uk



Seniors Youth Club



SENIORS YOUTH CLUB

Wednesdays 6-8pm at The Park

Open to all young people aged 13-18 years old
FREE to attend

www.youthmoves.org.uk



Knowle West Media Centre
Future Legacy Project STEM programme



MAKER CITY X STEMettes
present

Future Legacy Project

An exciting creative STEM programme supporting young women* aged 16-18 to make a difference in the world by creating their own digital social action project.

Includes a FREE residential retreat!

KWMC
KNOWLE WEST MEDIA CENTRE

jump
studios

**Are you passionate about
changing the world?**

**Want to meet new people or
make new friends?**

**Do you want to learn new skills and increase
your self confidence?**

**Then this programme is exactly
what you need!**

**To register for our 2022 cohort,
please email clara@kwmc.org.uk
or message her on [07729 238700](tel:07729238700).**

Head to www.futurelegacyproject.com for more information.

*Women or those who self-identify as a woman.

KWMC
KNOWLE WEST MEDIA CENTRE



Supported Learning Funding by
**ARTS COUNCIL
ENGLAND**



STEMettes
♥ * * *



After-School Sessions

4.30 to 6pm, Monday to Wednesday, ages 10 to 16

Mondays.

Get stuck into exciting tech at **Control Alt Delete!** These weekly sessions for 10 to 16 year olds explore exciting tech activities from coding robots, gaming, games design and VR experiences to creating your very own tech project. Control Alt Delete is the perfect place to get hands on with new tech.

This Autumn, we will also become **Green Influencers** as we develop social action projects to enhance the local environment and tackle the climate emergency!

Tuesdays.

This term, we are hosting a **10-week programme** for young people interested in **STEAM** (science, technology, engineering, arts and mathematics). This is split into **Maker City: Inspire** for 10 to 14 year olds and **Maker City: Industry** for 12 to 16 year olds. Both programmes will take place at **KWMC The Factory.**



Maker City: Inspire

For young people who are interested in learning about **digital making, creative technologies** and **social action!** Participants will learn skills such as **laser cutting, 3D printing** and **vinyl cutting** and how to start a **social action campaign.**

Maker City: Industry

For young people who are interested in **STEAM careers**, the participants will gain insight and mentoring from **industry professionals** with an opportunity for work experience. No experience is necessary but an interest in having a career in **STEAM** and a willingness to learn.

Dates: Every Tuesday from **October 5th** through to **December 14th.**

Wednesdays.

Wednesdays are for **creativity!** Join us for our **Creative Hub** and **Sound Wave** after-school sessions.

Creative Hub

A weekly creative space for young people aged 10 – 16.



Get ready to explore digital media and creative arts as you develop your own projects and ideas. From animation, photography, traditional art to digital media, come along to Creative hub and let your creativity run free!

Sound Wave

A dedicated music space for young musicians aged 10 – 16 where we explore elements of **song writing, instrumentation** and **music production.** If you want to give music a try, **Sound Wave: After School** is the place for you!



What is Jump Studios?

Jump Studios is Knowle West Media Centre's programme for young people aged 10 to 18. We believe that everyone is creative and our programme reflects that, exploring a range of art, tech and media activities.

We provide a series of after-school groups, creative courses, work experience, training opportunities and in-school sessions!

Jump Studios are committed to diversifying the creative industries and using the power of creativity to induce positive social change in Bristol and beyond.

Whether you are a parent/guardian, young person or school - get in contact today!

(Details on reverse)

What else is on?

Aside from our usual schedule, there are still other opportunities for young people to get involved...

Future Legacy Project

An exciting creative **STEM** programme supporting young women aged 16 to 18 to **make a difference in the world** by creating their own **digital social action project.**

Visit www.futurelegacyproject.com for more.

October Half-Term

Try your hands at **photography**, from mobile to the studio, learn the basics of **taking and editing photos!** Available for ages 10 to 16.

But, how do I sign up to any of the activities?!?



Easy! Drop us an email, call or DM at the contact info below.

Alternatively, you can scan the QR code on the front to go directly to the registration form!

Jump studios

Free activities for young people in Autumn 2021.

Come and join us for a host of arts and tech activities for 10 to 18 year olds.

E: jumpstudios@kwmc.org.uk

P: 0117 903 0444

Instagram & Twitter: @jumpkwmc

Knowle West Media Centre
Leinster Ave, Bristol
BS4 1NL

KWMC The Factory
Unit 24/25
Filwood Green
Business Park
Hengrove Way, Bristol
BS4 1ET

Advice and Support Services

FLORA

(Families, Local Offer, Resources and Advice)



Unsure where to get support?

FLORA (Families, Local Offer, Resources and Advice) provides information, advice and signposting to support for families who are in the early stages of identifying that their child may have additional needs. The FLORA team can help families navigate the services and support that is available to them, their family and child.

**If you have any questions, contact the team
Email: FLORA@bristol.gov.uk**

Local Offer: <https://www.bristol.gov.uk/web/bristol-local-offer/advice-and-support-for-parents-and-carers>

 **Bristol's SEND
Local Offer**



NEED DEBT ADVICE?
STRUGGLING WITH BILLS?
Don't know WHERE to turn?
CALL SOUTH BRISTOL'S
DEBT ADVICE TEAM

 **FREE, CONFIDENTIAL,**
IMPARTIAL & LOCAL
advice YOU can trust on...

RENT ARREARS **CREDIT DEBT**
INCOME MAXIMISATION **DEBT COLLECTORS** **HP**
DROS **COUNCIL TAX** **CCJs**
UTILITIES **FINES** **WATER DEBT**
BENEFIT OVERPAYMENTS **BAILIFFS**

 **Call Us! 0117 903 8358**

South Bristol Advice Services, Withywood Centre, Queens Road, Bristol, BS13 8QA
Funded by the Money and Pensions Service to provide SPECIALIST debt advice throughout South Bristol
Open Monday to Friday 9 am to 5pm except public holidays.



SBAS Provides Free, Professional, Confidential Advice and Information to Residents of South Bristol Seeking Help with Welfare Benefits and Debt.

Due to the Corona Virus Covid-19 we are unable to see clients face to face.

We are still able to help by;

Phone for Debt 0117 9038358 or you can use our Online Form (which is found on the Contact Tab on this page)

Phone for Welfare Benefits 0117 9851122 or 07957353427

You Can - Drop off Paper work or Documents to our Main office at The Withywood Centre Tuesday and Wednesday between 10 and 12am

You Can Post to SBAS The Withywood Centre Queens Road Bishopsworth Bristol BS13 8QA

that amount and would be entitled to free school meals (FSMs). Apart from FSMs, after rent is paid, there would be £817 for food, drinks, gas and electricity bills, household essentials, clothing, travel etc.

- The same family, with the Mum working 15 hours/week at minimum wage, could be around £472/month better off, but would have to make some council tax contributions.

WRAMAS' Services

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

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

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

T: (0117) 352 1888

E: welfarerights@bristol.gov.uk

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

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

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

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

WRAMAS



Produced by Bristol City Council Welfare Rights and Money Advice Service October 2021

Emerging Stronger

Struggling to cope?

On a low income?

Have you been struggling with any aspect of your mental health in the last year?

Are you on an income of less than £750 a month?

You can access 6 sessions of counselling at £5 a session as part of the Emerging Stronger project.

Counselling can offer:

- a safe and confidential space in which to feel listened to, accepted and understood
- a space in which to explore thoughts and feelings around your difficulties
- a space in which to seek a way forward.

To arrange an appointment call 0117 9507271 or email info@network.org.uk

The Emerging Stronger project is run until Jun 2022 by local Bristol charity, Network Counselling and Training, registered charity number 292801. The project has been made possible by funders including:



network.org.uk | Elm Park, Filton, Bristol, BS34 7PS

Previously Looked After Children, The Hope



Previously looked after children

Do you have a child in your care who was either adopted from care* or living with you on either a Special Guardianship Order or Child Arrangement Order following a period of being in care?

Did you know that...?

- If you provide evidence to your child's school they can claim funding (Pupil Premium Plus) which will help to support your child throughout their education
- Your child's school has a Designated Teacher for 'previously looked after children' whose role it is to monitor and support this group of children
- The HOPE recommends that previously looked after children have an Education Plan which is agreed between home and school, and that meetings take place regularly to discuss your child's needs and ensure support is in place

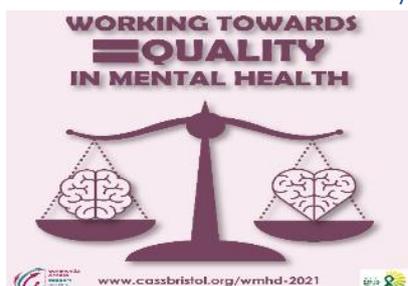
If you would like further information or advice, please have a look at our website

[Information for parents, guardians and carers - Hope Virtual School - bristol.gov.uk](https://www.bristol.gov.uk/information-for-parents-guardians-and-carers-hope-virtual-school)

You can also contact the HOPE for direct advice by emailing

Post.lac@bristol.gov.uk

*To be eligible your child must have been either adopted from care in England or Wales or from state care provided by a public authority, a religious organisation, or any other organisation whose sole or main purpose is to benefit society



The theme for World Mental Health Day this year is Mental Health in an Unequal World. Community Access Support Service works with both mental health services, and with a wide range of diverse local groups, and through this we are aware of not just the inequalities in mental health access and provision globally, but on a more local level here in Bristol.

Our equalities work focuses mainly on groups with protected characteristics under the Equality Act, but there are many other groups who may face barriers to accessing services: low-income families, homeless people or those in insecure housing, people with different language needs, single parents, and carers. And accessing mental health support may not be the end of the story; mental health stigma and discrimination is still a problem for many people, leading to difficulties in ongoing care of their mental health, and worsening of existing issues.

Many local organisations have been working to address health inequalities for years. CASS aims to use the weeks around WMHD this year to highlight the amazing work they do, whether providing specific services for equality groups, or working with communities to challenge stigma around mental health. You can follow our campaign on Facebook and Twitter at @CASSBristol

For up to date information on free or low-cost events and activities to support your emotional wellbeing you can sign up to our monthly city-wide newsletter, or one of our locality newsletters that are sent out every other month, just email info@cassbristol.org and we'll add your name.

Bristol's vibrant and responsive community spirit means there are always more grassroots and newly funded groups popping up, so if you know of a group we're missing, please get in touch and let us know! As well as highlighting local groups who work towards equality in mental health, we also have a new guided mindfulness audio on finding balance. If you're feeling a bit off-kilter, click [here](#) for our short mindfulness practice session

CASS have various resources for families, for parents and for children:

A support leaflet for parents and those who are becoming parents [Click Here](#)

Activity book for which includes advice and colouring activities [Click Here](#)

Various leaflets around wellbeing, activities and advice for families [Click Here](#)

Further mental health and wellbeing resources can be found here [Click Here](#)



MEET US FACE TO FACE

CHILD BEREAVEMENT DROP-IN SESSIONS

for bereaved families in Bristol

Our drop-in service gives grieving children and young people – and the parents, carers and professionals supporting them - the space to explore ways of managing grief when someone important has died.

They are relaxed, informal and are open to anyone who would like to find out more about supporting bereaved children, the services we provide and information about other services that might also be able to help.

We also welcome individuals/families from outside of Bristol who wish to make the journey to meet with us.

Tuesday 26th October 12noon – 3pm

The Park Centre, Daventry Road, Knowle, Bristol, BS4 1DQ

Helpline: 08088 020 021
winstonswish.org/drop-in

Winston's Wish is a Registered Charity (England and Wales) 1061359, (Scotland) SC041140 | 0401

**WINSTON'S
WISH** 

Giving hope to grieving children

Courses, Learning Skills and Development

Community Learning West

Free Courses

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

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employability					
*Introduction To Remote Learning Learn how to use Zoom, set up an email account with a safe password and staying safe online.	A 3hr workshop completed at a time that suits you	Flexible Monday to Friday from 1 to 31 October	1 session	Kim Payne 07917 848757 Kim.payne@cmtservices.co.uk	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
*Confidence In Employability This course covers personal skills and attributes, writing a good CV and cover letter, using different resources to search for jobs, preparing for an interview.	Flexible	Flexible Monday to Friday from 1 to 31 October	6 modules	Kim Payne 07917 848757 Kim.payne@cmtservices.co.uk	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
Level 1 Award in Health And Social Care A 30-hour accredited course. Build a portfolio and gain the knowledge and skills needed to work in this sector (adults and children).	TBC	Thursdays	TBC	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG. Some sessions may be online. Suitable for English Entry Level 3 and above
*Introduction To Construction H&S CSCS Training A 2-day training course that will cover the latest information and regulations regarding working on construction sites. This course will equip you to pass the online CSCS tests that can be taken later. For North Somerset residents	9am to 3.30pm	26/10 and 27/10 Tuesday and Wednesday	2 days	Kim Payne 07917 848757 Kim.payne@cmtservices.co.uk	Face-to-face at Elizabeth House 30-32 Boulevard Weston-super-Mare BS23 1NF
*Introduction To Construction H&S CSCS Training A 2-day training course that will cover the latest information and regulations regarding working on construction sites. This course will equip you to pass the online CSCS tests that can be taken later. For Bristol residents	9am to 3.30pm	28/10 and 29/10 Thursday and Friday	2 days	Kim Payne 07917 848757 Kim.payne@cmtservices.co.uk	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
Course Title & Description					
Level 2 Award in Independent Advocacy An accredited course to help you start the journey of being an advocate for a range of settings. Targeting people with a range of lived experiences they can bring to advocate role.	10am to 12noon	04/11/21 Thursdays	10 weeks with a follow on 4 weeks Employment Support	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Face-to-face at St Pauls Learning Centre 94 Grosvenor Road St Pauls BS2 8XJ Must be level 1 or above
*Level 1 Passport To Enterprise And Employment Develop the skills you need for gaining employment or becoming self-employed.	9.30am to 1.45pm	11/11/21 Thursdays and Friday mornings	3	Jane Franklin 07518576597 admin@c-cbed.com	Online
IT Skills					
Opportunities To Improve Digital Access In Local Communities We are looking to establish 13 digital learning points to be based with community organisations in local venues across the city. The offer includes 3 mini IT suites with 10 laptops to be managed by Community Learning and 10 learning sites fitted with Smart TVs and free Wi-Fi data via MiFis and the option to borrow 10 laptops. Our intention is to support providers and local groups to enhance their digital access for residents so that they can improve their digital skills, access online learning, undertake job search activities or support community cohesion activities.				If you would be interested in having equipment located in one of your venues, then please contact James Bruton Team Leader for Digital Inclusion at james.bruton@bristol.gov.uk .	
Get Digital/Intro To Digital Skills A course for the terrified! Get started using Zoom. You will learn about the basics including using email, strong passwords, e-safety using the internet. Learners can use smart phones.	TBC	TBC	4	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Online using ZOOM. Suits all levels as support can be given
Intro To Office Skills/Business Admin/IT For Employment An intermediate course which will boost skills needed for work, including making applications. It will cover e-safety, Word, spreadsheets, making digital presentations. National Careers Service advisor will visit the course.	10am to 12noon	09/11/21 Tuesdays	6	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Online using ZOOM and Google Classroom or ITS learning. Suitable for English Entry Level 3 and above
Confidence & Aspirations, Health & Wellbeing					
Feel Good Outdoors. North Bristol Wellbeing course focussing on the benefits of being outdoors. Mix of activities, information and volunteering opportunities.	1pm to 3pm	15/10/21 Fridays	6 TBC	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Face-to-face Lawrence Weston Community Farm Saltmarsh Drive BS11 0NJ Suits all levels

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Budget For The Holidays A fun and practical course to help you save money, find bargains online and make personalised gifts for friends and family.	5.30pm to 7.30pm	04/11/21 Thursdays	6	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Face-to-face Healthy Living Centre Knowle West Health Park Downton Road BS4 1WH
Live Well Eat Well A practical cooking course and a chance to learn about benefits of healthy cooking and active lifestyles.	9.30am to 11.30am	05/11/21 Fridays	6	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Face-to-face Healthy Living Centre Knowle West Health Park Downton Road BS4 1WH Suitable for English Entry Level 3 and above
Budget For The Holidays A fun and practical course to help you save money, find bargains online and make personalised gifts for friends and family.	1pm to 3pm Fridays	05/11/21 Fridays	6	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Face-to-face Healthy Living Centre Knowle West Health Park Downton Road BS4 1WH

Non accredited Functional Skills, ESOL & Language

ESOL Conversation Clubs	Various times			esolconversationclubs@bristol.gov.uk for more information check our website www.esolcc.org	Online using ZOOM
Brush Up Your Maths – For Home And Work This course will help you brush up on your maths skills and prepare you to join a functional skills maths course to gain a qualification.	9.30am to 11.30am	20/09/21 Mondays Places still available	10	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Long Cross Children's Centre Lawrence Weston BS11 0LP TBC Face-to-face or blended with online learning. Suitable for English Entry Level 3 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Brush Up Your English – For Home And Work Friendly and helpful class to brush up your speaking, writing reading and helps you prepare for a Functional Skills course in Jan 2022. Crèche available.	9.30am to 11.30am	21/09/21 Tuesdays. Places still available	10	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Face-to-face at Hartcliffe Nursery School and Children's Centre Hareclive Road BS13 0JW Suitable for English Entry Level 3 and above
Brush Up Your Maths – For Home And Work This course will help you brush up on your maths skills and prepare you to join a functional skills maths course to gain a qualification.	1pm to 3pm	21/09/21 Tuesdays. Places still available	10	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Face-to-face at Hartcliffe Nursery School and Children's Centre Hareclive Road BS13 0JW
Brush Up Your English – For Home And Work Friendly and helpful class to brush up your speaking, writing reading and helps you prepare for a Functional Skills course in Jan 2022.	9.30am to 11.30am	23/09/21 Thursdays. Places still available	10	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Face-to-face at Hartcliffe Nursery School and Children's Centre Hareclive Road BS13 0JW Suitable for English Entry Level 3 and above
Brush Up Your Maths – For Home And Work This course will help you brush up on your maths skills and prepare you to join a functional skills maths course to gain a qualification.	9.30am to 11.30am	24/09/21 Fridays. Places still available	10	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Face-to-face at Methodist Church Hall Mowcroft Road Hartcliffe BS13 0LT
Brush Up Your English – For Home And Work This course will help you brush up on your English skills and prepare you to join a functional skills English course to gain a qualification.	1pm to 3pm	11/10/21 Mondays	9	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Face-to-face at Long Cross Children's Centre, Lawrence Weston, BS11 0LP. Suitable for English Entry level 3 and above
ESOL Assessment Course – All About Me You will take an assessment to find out your level in English. This will help you plan your next steps in learning English. You can also find out about FREE ESOL Conversation Clubs.	9.45am to 11.45am	12/10/21 Tuesdays	6	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Online course using Zoom. For new learners to Community Learning

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
*ESOL Conversation Class Designed to help learners to gain confidence in everyday life including work, school and in the community.	4pm to 6pm	18/10/21 Mondays	8	admin@c-cbed.com	Online
*Getting Started With Maths For adults who want to improve their maths skills and their confidence. The course focusses on practical, everyday maths problems for work and volunteering.	10am to 12noon	18/10/21 Mondays	7	Phone 0117 9739744 or email information@youtheducationservice.org.uk	Face-to-face at YES West Street Bristol BS2 OBH
*Getting Started With English For adults who want to improve their written and spoken English and their confidence for work and volunteering. This is not an ESOL course.	10am to 12noon	19/10/21 Tuesdays	7	Phone 0117 9739744 or email information@youtheducationservice.org.uk	Face-to-face at YES West Street Bristol BS2 OBH
Accredited Functional Skills Maths and English					
*Functional Skills Maths and English For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. Get in touch for more information.	TBC	Mondays (Maths) Tuesdays (English) Start dates TBC in November		Phone 0117 9739744 or email information@youtheducationservice.org.uk	Face-to-face at YES West Street Bristol BS2 OBH
Parenting and Family Learning					
*Triple P Parenting Triple P (Positive Parenting Programme), is as an 'evidence-based' parenting programme. This means, it's tried and tested and proven to work. Designed and created by clinical psychologist from Queensland University, Australia, Triple P has been running for over 30 years, and is used in countries across the world.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses.
*Boost Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses.

We welcome suggestions for new courses so please call us if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

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

CRAFT/BUDGETING

Budgeting for the Holidays!

Evening-4th Nov till 16th Dec

5.30-7.30pm

Afternoon-5th Nov till 10th Dec

1.00-3.00pm

Healthy Living Centre, Knowle West Health Park, 5 Downton Road BS4 1WH



SAVE MONEY, FIND DEALS AND MAKE GIFTS!

Contact: lucy.fieldhouse@bristol.gov.uk Phone: 07788353446

Eligibility: Adults aged 19 years plus with few or no formal qualifications



**COMMUNITY
LEARNING**

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

COMMUNITY LEARNING

EMPLOYMENT
SKILLS &
LEARNING



Eat Well - Live Well

Free afternoon course to help you choose, budget for and cook tasty, healthy recipes for yourself or your families. Taught face to face following COVID secure rules. Limited places so hurry and book now. Open to people aged 19 or over.



Date: 5/11/21 to 10/12/21

Time: 9.30-11.30 each week

Venue: Knowle West Health Park, 5 Downton Road, Bristol BS4 1WH

Contact Lucy on 07788353446 or email

lucy.fieldhouse@bristol.gov.uk

BRISTOL
LEARNING CITY

**WEST OF
ENGLAND**
Combined Authority



Introduction to Independent Advocacy

Level 2 Award in Independent Advocacy

Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course developed by Community Learning and Keeping Bristol Safe Partnership will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings?

Full of practical information and opportunities to hear from and link up with a wide range of organisations across the city. Learn in a supportive group over 10 weeks plus a 4 week Introduction to Advocacy and gain a nationally recognised qualification. Course to run at least 4 times a year in venues across the city. Laptops provided to help you learn. One to one support after the course to help you plan and take your next steps.

Criteria – must be aged 19 or over and be a Bristol resident.

Contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

**COMMUNITY
LEARNING**



KNOWLE WEST ALLIANCE

rooted in the community; growing for the future

Knowle West Alliance Autumn/Winter Programme: Workshops & Training exclusively for KNOWLE WEST based resident-volunteers, activist and local workers. Learning together, building connections.

Training/Workshop Title	Date & Time	Full Details & Booking	Workshop/training Summary
Introduction to Coaching Skills (working in the community)	Tuesday, 28 September 2021 09:30	LINK - Coaching Sept	Coaching can be a truly inspiring and empowering process, enabling you, your students, other community members or your colleagues to find solutions and reach their potential.
Building Personal Resilience and Mental Fitness	Thursday, 14 October 2021 09:30	Link - Personal Mental Fitness	KWA Wellbeing Series: This session will focus on personal well being, time and tools for building our own resilience and mental fitness
Introduction to Coaching Skills (working in the community)	Thursday, 21 October 2021 09:30	Link - Coaching Oct	Coaching can be a truly inspiring and empowering process, enabling you, your students, other community members or your colleagues to find solutions and reach their potential.
Connect 5: changing the conversation on mental wellbeing	Monday, 1 November 2021 09:30	Link - Mental Wellbeing	Connect 5: An in-depth skills training course on 'connected conversations', the 5 ways to wellbeing, and Cognitive Behavioural Therapy tools. The course provides a collaborative prevention toolkit that promotes psychological knowledge and the development of skills which empower people to take proactive steps to build resilience and look after themselves
Creating Positive Outcomes in Challenging Situations	Wednesday, 10 November and Thursday 11th (x4 90minute sessions over the two mornings)	Link - Positive Outcomes	Positive Outcomes: This course provides some insight and background to enable us to understand reactions to conflict (ours and others') and introduces a variety of tools and methods to support best conflict practice with individuals and groups.

Thrive Bristol Champions workshop Train the trainer	Thursday, 11 November 2021 09:30	Link- Mental Health train the trainer	Train the Trainer: This course will equip you with the knowledge, skills, confidence, and resources to deliver a basic 90-minute workshop on understanding mental health and wellbeing, communication skills, the 5 ways to wellbeing, and wellbeing resources.
Effectively supporting people that have experienced trauma	Monday, 22 November 2021 12:30	Link - Trauma	Trauma: This session covers the differences between PTSD and complex trauma; the concept of attachment and how this can impact emotional regulation, relationships and behaviour; how trauma is processed in the brain; trauma informed approaches; applying trauma informed approaches in practice
RECONNECT - RECHARGE - RESET	Thursday, 25 November 2021 09:30	Link - Personal wellbeing for workers and volunteers	KWA Wellbeing Series: We will focus on personal well-being, self care, managing challenging situations and events as well as being 'present' at work and at home.
Self-harm and suicide awareness	Monday, 29 November 2021 13:30	Link - Self-harm & Suicide Awareness	Self Harm & Suicide Awareness: This session covers understanding individuals who use self-harm; talking about self-harm and suicide with individuals; consider suicide risk and how to respond in supporting person in staying safe; know about services available
Introduction to Coaching Skills (working in the community)	Thursday, 9 December 2021 09:30	Link - Coaching Dec	Coaching can be a truly inspiring and empowering process, enabling you, your students, other community members or your colleagues to find solutions and reach their potential.
Introduction to Coaching Skills (working in the community)	Thursday, 20 January 2022 13:00	Link - Coaching Jan	Coaching can be a truly inspiring and empowering process, enabling you, your students, other community members or your colleagues to find solutions and reach their potential.
Community Workers Toolkit: Creating Safe Spaces in Community Settings	Thursday, 3 February 2022 09:30	Link - Safe Spaces	Creating Safe Spaces in Community Settings – safeguarding and boundaries, a session suitable for everyone working in the community, how we look after ourselves, colleagues, volunteers and individuals from the community.

Community Workers Toolkit: Fair and Consistent Practice	Thursday, 10 February 2022 09:30	Link - Fair practice	Fair and consistent practice – unconscious bias, inclusion and reflective practice techniques.
Introduction to Coaching Skills (working in the community)	Tuesday, 15 February 2022 09:30	Link - Coaching Feb	Coaching can be a truly inspiring and empowering process, enabling you, your students, other community members or your colleagues to find solutions and reach their potential.
Community Workers Toolkit: Solution Focused Conversations	Thursday, 17 February 2022 09:30	Link - Solution Focussed Conversations	Solution Focused Conversations – toolkit, learn about your own communication style, toolkit and techniques for positive conversations in any setting.
The Knowle West Alliance is offering high quality free training to people who are active in Knowle West: sharing learning and building better local connections #WeAreKnowleWest			



Community Children's
Health Partnership



Sirona School Health Nurse Webinars - October 2021



**Keeping Your Child Happy
and Healthy**
Weds 20 October
10am—11am



Healthy Eating
Thurs 21 October
1pm - 2pm



**Understanding Your
Child's Wellbeing**
Mon 18 October
10am—11am



**Helping Your Child With
Sleep**
Fri 22 October
2pm—3pm



**Eating Disorder
Awareness**
Tues 19 October
1.30pm—2.30pm



**Continence in Children and
Young People**
Thurs 14 October
2pm - 3pm



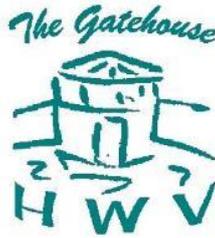
**Your Child's Dental
Health**
Tues 12 October
10:30am—11:30am

**Click on the icon to
book onto the event
you wish to attend**

Service provided by:

Sirona
care & health

6 week courses, The Gatehouse



NEW 6 week Courses @ the Gatehouse

Tel - 0117 9781 708 email – gatehouse@hvw.org.uk
web – www.hvw.org.uk or drop in.

HWV is introducing some NEW 6 week courses in a small, friendly, relaxed and comfortable atmosphere at The Gatehouse. There are no qualifications attached, no exams and they are informal fun courses. These courses are free depending on eligibility, please contact us for further information.

NEW Courses include....

<u>Cooking for All</u>	<u>Cooking for the café</u>
<u>IT for Beginners</u>	<u>Online Job Search and CV Writing</u>
<u>Online Learning – Zoom/Messenger</u>	<u>Living on a Budget and managing Money</u>
<u>Health & Well Being</u>	

Looking to improve your Maths, English, IT and Personal Development skills? We continue to offer a range of courses which start throughout the year.

Personal Development

3 to 6-month courses, 1 morning per week (term time only) funding for childcare may be available. Improve your confidence and learn to work more effectively with others. If you don't think you're quite ready to access training, education or employment then our Personal Development courses are supportive, empowering, fun and engaging. **Next course starting October 14th 2021**

Maths and English

12 weeks up to 40 weeks, half day per week. Stepping Stones and Functional Skills qualifications from Entry 1 up to level 2 (GCSE equivalent), developing skills for home, life and sustainable employment. Whether you want to keep up with the kids or you need to brush up your skills to get a job, our English and Maths courses can help. **Ongoing enrolment**

Computer Courses

4 weeks up to 40 weeks, half day per week. Accredited and recognised ICT qualifications from Entry 1 up to level 2, including Level 1 IT User Skills and ECDL, giving learners office skills as well as skills for life and sustainable employment. **Ongoing enrolment**

A Course for Work and Life

11-week course 3 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics. Gentle introduction to computers introducing emails, online searching, Dot Gov, digital music and more. **Next course starting November 29th 2021**

Friendly tutors, a comfortable environment, morning, afternoon and evening sessions. Starts - all year round. If you're interested in any of our courses, please get in touch for a chat.

[Please see our website or contact us for more information and start dates](#)

Prince's Trust
Get Into Hospitality with GREGGS

GET INTO

HOSPITALITY WITH GREGGS

Info Sessions: Mon 15 Nov, 10-1130am / 2-330pm

Interviews: Mon 22 November, 10-2pm

Programme & work placements: Tue 23 - Fri 26, 10-5pm

Are you Aged 16-30 and looking to start your career in hospitality? Join The Prince's Trust's FREE programme, in partnership with Greggs to:

- create a stand out CV and perfect your interview skills
- get practical experience on a work placement with Greggs
- support with interviews and help to secure a job
- 6 months of mentoring

To book your place:

Email: patrick.ward@princes-trust.org.uk

Call: 0800 842 842



Prince's Trust

GET READY TO WORK



CAREERS SUPPORT

Are you 16-30? Not in education or employment?
This FREE careers course could be for you!

Are you 16-30? Not in education or employment?
This FREE careers course could be for you!

- Group and one-to-one careers support
- Create a stand out CV and supporting statement
- Help with job searching and preparing for interviews
- Mentoring for 6 months post programme to gain and sustain a job!

- Participate in our Get Hired event and meet employers with live job vacancies in hospitality, retail, technology and marketing.

Taster Day: Thursday 21 Oct, 11am-12pm OR 2pm-3pm

Programme: Tuesday 26 - Thursday 28 October, 10am-3pm

Location: The Prince's Trust Centre, Bristol

To book your place:

Email: sakiya.ghalib@princes-trust.org.uk

Call: 0800 842 842



Prince's Trust

▶ GET STARTED with Health & Fitness



Prince's Trust

AGED

16-25?

A chance to boost your fitness, motivation, confidence, well-being
& gain an insight into the Fire and Rescue Service

A mix of fun workouts, physical activities and wellbeing sessions, this face to face 5 day course with Avon Fire and Rescue Service will help you build the following:

- Improve your fitness whilst having fun
- Build your confidence
- Get pro tips on self discipline and goal-setting
- Learn about the importance of a healthy lifestyle as a basis for good mental wellbeing, & more!
- Gain an insight into the Fire and Rescue Service

This Get Started will be based at Yate Fire Station

DATES FOR YOUR DIARY:

- ▶ Application Deadline: 5th November
- ▶ Taster Day: Tues 9th November
- ▶ Course Dates: Mon 15th - Fri 19th November 2021

For more information and to sign up, please contact :

Nina Mann - Prince's Trust
07483 905 529
or freephone 0800 842 842
or email nina.mann@princes-trust.org.uk

Available free of charge to young people **aged 16-25** not
in full time work, training or education living in Bristol / South Glos



AVON
FIRE & RESCUE



Looking for work or training?

The One Front Door service delivers a range of resources to assist **individuals, employers and providers.**

One Front Door can help you:

- Find a job
- Find training
- Get work experience

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

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

Visit: onefrontdoor.org.uk

Tel: **0117 922 3440**

Email: onefrontdoor@bristol.gov.uk

to contact us and find out more!



Learn to read, Read Easy



Learn to read



Contact:

07907491414

bristolnetworker@readeasy.org.uk



Read Easy Bristol are looking for volunteers in South Bristol. Anyone interested can contact 07907491414, or bristolnetworker@readeasy.org.uk

We Work for Everyone

WE WORK for Everyone

If you are looking for work and have a learning difficulty or learning disability, or you are autistic, we can help.

Our dedicated Employment Navigators can support you to find a way into paid work.



WE WORK for Everyone is part-funded by the European Social Fund and delivered by Bristol City Council.



WEWORK for Everyone

Our dedicated Employment Navigators can support you to find a way into paid work.

They will help you to:

- find a career that's right for you
- access training, qualifications and work placements
- access supported internships (ages 18 to 25)
- create a CV and learn interview skills
- access computer equipment and IT support

Who can take part?

To be eligible you must:

- live in the West of England: Bristol, Bath and North East Somerset, South Gloucestershire, and North Somerset
- be over 16
- not be in employment
- have a learning difficulty or learning disability, or be autistic (a formal diagnosis is not essential)

Find out more

Email: weworkforeveryone@bristol.gov.uk

Call: **0117 922 3330**

In partnership with



**Bath & North East
Somerset Council**



BD13684

Love Learning about Money Together



Love Learning about Money together (LAMM) is a blended learning programme specifically designed to support parents/carers in teaching their children under the age of 7 about money. Money management is an essential life skill that can be learned. Children often initially learn about money in the home and parents/carers have an important role in shaping children's attitudes, behaviours and skills.

The LLAM programme uses a family learning approach, which is designed to enable adults and children to learn together and enable parents/carers to learn how to support their children's learning.

LLAM has 5 sessions which contain bitesize 'core' content activities, these range from 30 minutes to 50 minutes. In addition to the core content, we have provided Home Learning Extension Activities and Home Learning Information Signposts. This enables facilitators to have the opportunity to extend the core session by modelling the extension activities, or simply pass on the information to parents and carers for them to use at home.

It can be delivered virtually and face to face with any groups of parents and carers that you are working with. This is a conversational approach programme which gives parents/carers the opportunity to think about what would work for them as a family – there are no right or wrong answers.

This programme is completely flexible to suit the needs of you as facilitators and suit the needs of the parents and carers you work with. If you would just like to concentrate on specific core elements without running all 5 sessions, then you absolutely can. You can also choose which home learning activities are most appropriate for your families. This pick 'n' mix approach is designed to be adaptable and flexible.

All material is downloadable from Padlet and resources can be printed out and given to families or links sent.

For more information and support to use it contact Lucy Fieldhouse, Community Learning on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Youth Mental Health First Aid Training, My White Dog
2nd and 9th November (9am-4.30pm on both days).

This is an interactive engaging 2-day course dedicated to supporting mental health for youth groups age 8-18 **for teachers, parents and carers** certified with MHFA England to become a Youth Mental Health First Aider. **At the end of the 2 days, you will gain:-**

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan. **When you complete the course you will get:**

A Youth MHFA manual to refer to whenever you need it

A workbook including some helpful tools to support your own mental health

A certificate of attendance to say you are a Youth Mental Health First Aider

Email paula@mywhitedog.com

Booking details <https://mywhitedog.as.me/?appointmentType=21825895>

General information www.mywhitedogyouth.com

