



Families in Focus Bulletin - Part 1

Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and South based services.**

The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 1

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

Part 2 – Information and Support for Practitioners

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

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



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Activities for Families



MOVIE AND COLOURING CRAFTS



**Tuesday 4th April
10:00am -1:00pm**

At the @symes resource centre in the
Community Room
BS13 0BE



REFRESHMENTS AVAILABLE



Bringing the community together again

Contact:

zak.dugdale@hwcp.org.uk



COMMUNITY SPORTS DAY



Wednesday 5th April

10:00am -2:00pm

At Merchants Academy Sport Centre

BS13 9AJ

WICKETZ



**ROBINS
FOUNDATION**



Bringing the community together again

Contact:

zak.dugdale@hwcp.org.uk


HCYP

zak.dugdale@hwcp.org.uk



EASTER EGG HUNT



Thursday 6th April
1:00pm - 3:00pm
At The Dundry Slopes
BS13 9LR



Bringing the community together again

Contact:

zak.dugdale@hwcp.org.uk



ACTA DRAMA SCHOOL WORKSHOP



Tuesday 11th April

10:00am -2:00pm

Age 6 to 12

At Hartcliffe club for young people

BS13 9AJ



Food Provided

Bringing the community together again

Booking Essential Contact:

zak.dugdale@hwcp.org.uk



LEGO LEGENDS EASTER FUN



**Wednesday 12th April
12:00pm -2:00pm
For Families**

**At Hartcliffe club for young people
BS13 9AJ**

Bringing the community together again

Dominique.tallyeux-sinclare@hwcp.org.uk



FISHING TRIP

Food Provided



Friday 14th April
09:30am - 4:00pm



Pick up from St Andrews Church



BS13 0EE
Age 8 to 16



Booking Essential Contact:

zak.dugdale@hwcp.org.uk

Bringing the community together again



Youth Moves Consent Form for Parent/Carers

www.youthmoves.org.uk

@youthmoves123



'Starting Journeys, Inspiring Lives'

Young person's details

Full name:

Address:

Postcode:

Date of Birth:

Gender:

Age:

School:

Young person's mobile number:

Ethnicity (please circle one)

- ☐ White British
- ☐ Irish
- ☐ European
- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi

- ☐ Chinese
- ☐ Black Caribbean
- ☐ White and black Caribbean
- ☐ Black African
- ☐ White and Black African
- ☐ White and Asian

- ☐ Any other mixed background
- ☐ Any other black background
- ☐ Any other ethnic group
- ☐ None of these
- ☐ Prefer not to say
- ☐ Any other ethnic group

Parent or Guardian details

Full name:

Relationship to young person:

Address (if different than above):

Postcode:

Mobile Tel No:

Home Tel No:

Parent Email:

Emergency contact details (different to the Parent / Guardian details)

Emergency contact

Full Name:

Relationship to YP:

Home No:

Mobile No:



'Starting Journeys, Inspiring Lives'

Medical Information

Allergies/ Medical conditions/ Medication:

Any dietary requirements:

Do you need any facilities or support to enable you to take part in activities?

Any other things you think we need to know:

Other Information (please circle answer)

(Pupil Premium) Are they entitled to free school meals? Yes / No

(SEN Status) Are they considered to have a disability? Yes / No

Are they in care? Yes / No

Declaration

1. I understand that while my child is participating on a Youth Moves trip or Residential, they will be subject to the programmes general code of conduct. This includes following instructions that staff have given. Failure to do this could jeopardise your child's place on this trip/session and any future trips that Youth Moves run.
2. I consent to my child being able to access other venues like our Roundhouse outdoor space and other facilities in the local community without further notice, whilst supervised by Youth Moves on sessions.
3. I understand Youth Moves cannot be held responsible for any loss or damage to my child's personal possessions.
4. I give my consent for Youth Moves to share information regarding my child with other youth agencies and funders for monitoring purposes.
5. I consent to my child receiving emergency first aid during sessions if necessary.

Signed Parent/Guardian

Print Name Date

Please tick box if you are happy that photos/videos and other images of my child may be used for marketing purposes, promoting Youth Moves through our social media pages/ website and public promotion of Youth Moves. ☐

Bristol Libraries – Baby Bounce and Rhyme



Baby Bounce and Rhyme



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

| Library | Day (Term time only) | Time |
|---|---------------------------------|-------------------------------|
| Bedminster 0117 9038529 | Wednesday Friday | 10.30am & 2.00pm 11am |
| Bishopsworth 0117 9038566 All year round! | Wednesday Friday | 2.00pm 10.30am |
| Bishopston 0117 3576220 | Wednesday | 11.30am |
| Central 0117 9037215 All year round! | Monday Wednesday Saturday | 10.45am 10.45am 10.45am |
| Clifton 0117 9038572 | Monday Friday | 10.30am 10.30am |
| Filwood 0117 9038581 | Wednesday | 11.30am |
| Fishponds 0117 9038560 | Tuesday | 2.15pm |
| Hartcliffe 0117 9038568 | Monday | 2.15pm |
| Henbury 0117 9038522 | Monday | 11.30am |
| Henleaze 0117 9038541 | Thursday | 2.00pm |
| Hillfields 0117 9038576 | Wednesday | 12.00pm |
| Horfield 0117 9038538 | Monday Thursday | 11.30am 10.30am |
| Junction 3 0117 9223001 | Monday | 2.15pm |

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



Bristol Libraries

October 2022

www.bristol.gov.uk/libraries



Bristol Libraries – Storytime



Storytime Sessions

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

| Library | Day (Term time only) | Time |
|--|----------------------|-------------------|
| Bedminster 9038529 | Saturday | 11am |
| Bishopston 0117 3576220 | Saturday | 11.30am |
| Bishopsworth 9038566 All year round! | Wednesday Friday | 2.00pm 10.30am |
| Central 9037215 All year round! | Friday | 10.45 |
| Clifton 9038572 | Tuesday | 2.30pm |
| Filwood 9038581 | Friday | 11.30am |
| Fishponds 903560 | Tuesday | 2.15pm |
| Hartcliffe 9038568 | Thursday | 2.15pm |
| Henbury | Wednesday | 11.30am |
| Henleaze 9038541 | Thursday | 11.15am |
| Hillfields 9038576 | Wednesday | 12.00pm |
| Horfield 9038538 | Tuesday | 11.30am |

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



Bristol Libraries

October 2022 www.bristol.gov.uk/libraries





Easter Pop Up

3rd - 14th April

Pop Up fun and fitness for children and young people with disabilities!



SGS Pegasus School,
Patchway, Bristol, BS32 4AJ

Gympanzees sessions are for children and young people (0-25 years) with sensory, physical, learning difficulties, SEN and any mild to profound disability.

You do not need a diagnosis to use Gympanzees.

Visit gympanzees.org to book
Or scan the QR code



Charity No 1189375



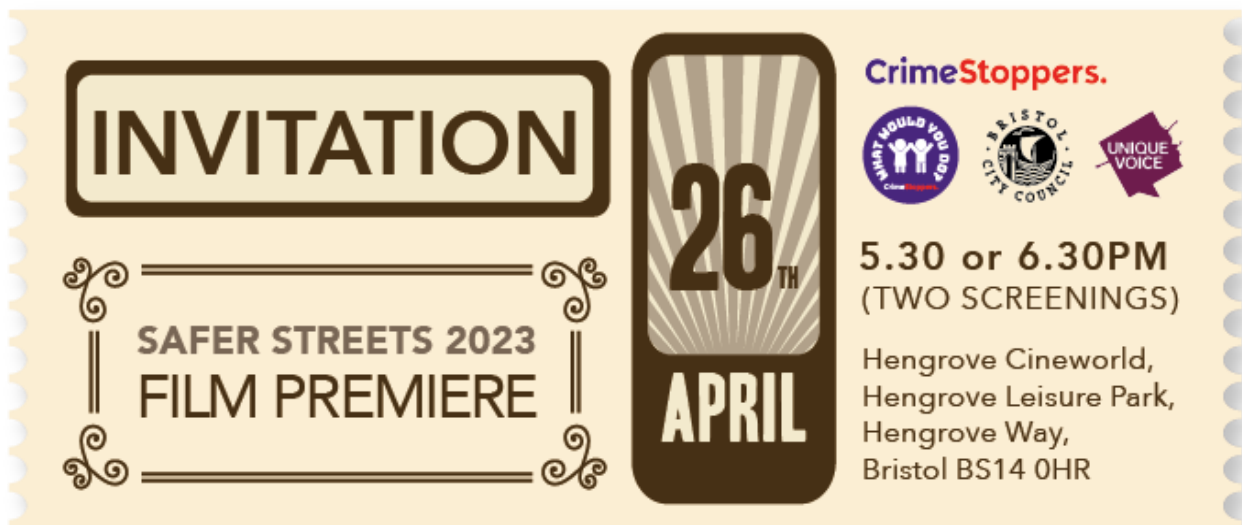
Fun, FREE evening for families to come to a screening of films made by local children and young people!

Come and see some amazing films made by local young people. Through their involvement in creative and explorative workshops with Unique Voice CIC under the 'Safer Streets - What Would You Do?' project (funded by Safer Streets/Bristol City Council and Crimestoppers in the West Country).

Merchants Academy children have created a film on community and equality whilst Bridge Learning Campus young people have passionately developed their film on Violence Against Women and girls.

Please come and join us in celebrating the achievement of children and young people in the area. It is going to be a fab, FREE evening for families.

We look forward to seeing you all there!



Eventbrite tickets: <https://www.eventbrite.com/e/safer-streets-2023-film-premiere-tickets-595734266227>

Contact Unique Voice for further information: 0117 428 6240

theoffice@uniquevoice.org

www.uniquevoice.org

*Services and
opportunities
for
Parents/Carers*



Thinking about the next step?

Experience of the criminal justice system?

Had issues with drugs or alcohol?

**Community Learning can help you get into
work, training or volunteering.**

**Our specialist support package includes 121 careers advice, a wide
range of free courses and workshops, a digital device to help with
learning, and a personal budget to help you meet your goals.**

Contact: Bryony Sims 07721 512583

Lucy Fieldhouse 07788 353446

Mike Allen 07788 232967



**COMMUNITY
LEARNING**

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



EAT WELL & SAVE ENERGY **COOKERY COURSE**

Starts: Fridays 21/4/23 till 26/5/23

Time: 12.30-2.30pm

Where: Knowle West Health Park, Downton Rd, BS4 1WH

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

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

To book a place contact: lucy.fieldhouse@bristol.gov.uk 07788353446

Eligibility: Our courses are especially for adults (with 3 years residency or other residency status) aged 19 years plus with few or no formal qualifications.



**COMMUNITY
LEARNING**

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



Application and Interview Skills Course

Need help choosing or getting into your chosen career? Join this free course to explore opportunities, gain confidence and brush up your application and interview skills. Free lunch at Glen's Kitchen for every attendee!

9:30am-2:30pm

Tuesday 25th, Wednesday 26th and Thursday 27th April

St Paul's Learning Centre, BS2 8XJ

This course is for people aged 19+ who are eligible for a means tested benefit.

Call 07721 512583 or email Bryony.sims@bristol.gov.uk

**COMMUNITY LEARNING**

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



Introduction to Beauty Skills

Starts: 21/4/23 to 26/5/23

Time: 9.30 to 11.30 each week

Where: The Park Centre, Daventry Road BS4 1DQ

A practical, free course to help you build your skills and confidence in beauty techniques for use in the industry, in care settings or for yourself. Here about training and jobs to take your skills and choices further.

Open for people aged 19 or over with a Bristol postcode

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



**COMMUNITY
LEARNING**

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

Community Learning West – Level 2 Award in Independent Advocacy

Level 2 Award in Independent Advocacy – NEW COURSEs COMING SOON!

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.

The course is full of practical information and opportunities to hear from and link up with a wide range of organisations across the city who want to hear from you too!

Learn in a supportive group. 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.

Next courses coming up:

- Mondays from 9.45 to 11.45 starts 17th April till 17th July 2023 (excluding bank holidays and half term). Venue to be confirmed but will be central.
- Wednesdays from 10.00 to 12.00 starts 26th April till 19th July. This course will be online.

To find out more about the course, contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk



FREE Local Courses for Adults

New Courses starting in September 2023

Hartcliffe Nursery School & Children's Centre

Confidence building

Get an English & Maths Qualification

Caring for Children level 1

First Aid

All courses with free creche

**Leave your name at main reception or phone/text Helen
on 07760990855**



**COMMUNITY
LEARNING**

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

Community Learning West – city-wide course list April 2023

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

| Course Title & Description | Time | Start Date & Day | No. of weeks | Contact | Delivery |
|--|-------------------|------------------------|--------------|--|---|
| Employability | | | | | |
| Horticulture Level 1 Award Free practical course supporting you to gain a Level 1 award in Practical Horticulture. | 9.30am to 4.30pm | 28/03/23 Tuesdays | 7 | Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk | Hartcliffe City Farm Lampton Avenue Hartcliffe BS13 0QH Suitable for ESOL entry 3 and above |
| Level 2 Independent Advocacy Award Explore roles, responsibilities and skills needed to be an effective advocate to support others. Lots of support given on the course to get you to your qualification and beyond. | 9.45am to 11.45am | Mondays 17/04/23 | 12 | For both courses contact: Lucy.fieldhouse@bristol.gov.uk | Venue to be confirmed |
| | 10am to 12noon | Wednesdays 26/04/23 | 12 | | Online with support |
| Customer Service Level 1 Join a free friendly course supporting you to gain a Level 1 award in Customer Service. | 1pm to 3.30pm | 18/04/23 Tuesdays | 13 | Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk | Bristol Launchpad Ground Floor The Galleries Shopping Centre Suitable for ESOL Entry 3 and above |
| Horticulture Level 1 Award Free practical course supporting you to gain a Level 1 award in Practical Horticulture. | 9.30am to 12.30pm | 19/04/23 Wednesdays | 14 | Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk | Grow Wilder 181 Frenchay Park Road Bristol BS16 1EL Suitable for ESOL Entry 3 and above |
| Digital Skills For Work This intermediate course will give learners skills to use in the workplace and at home. | 1pm to 3.30pm | 20/04/23 Thursdays | 8 | Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk | St Paul's Learning Centre 94 Grosvenor Rd St Paul's BS2 8XJ Suitable for ESOL Entry 2 and above |

| Course Title & Description | Time | Start Date & Day | No. of weeks | Contact | Delivery |
|---|-------------------|---|--------------|--|--|
| Introduction To Beauty Learn new skills and explore qualifications needed for working in the sector. | 9.30am to 11.30am | 21/04/23 Fridays | 6 | Lucy Fieldhouse 07788353446 Lucy.fildhouse@bristol.gov.uk | The Park Centre Davenry Road BS4 1DQ Suitable for Entry 3 and above. |
| Getting Ready For Work A practical, friendly course to help you brush up on your application and interview skills. *Free lunch from Glen's Kitchen for every attendee* | 9.30am to 2.30pm | 25/04/23 Tuesday, Wednesday & Thursday | 1 | Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk | St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XJ Suitable for ESOL Entry 2 and above |
| *Employability-English For Work This course is for anybody who wants to return to work, looks for a job and needs to improve their English. | 10am to 1pm | 02/05/23 Tuesdays | 7 | Shining Care Training 0117 955 2562 info@shiningcaretraining.com | Shining Care Training The Old Co-op 38-42 Chelsea Road Easton BS5 6AF |
| *Introduction To Adult Social Care This course is for anyone who would like to work in the Social Care sector, is looking for a job as a carer and needs to improve English related to Social Care. | 10am to 1pm | 04/05/23 Thursdays | 7 | Shining Care Training 0117 955 2562 info@shiningcaretraining.com | Shining Care Training The Old Co-op 38-42 Chelsea Road Easton BS5 6AF |
| *Introduction To Health And Social Care Learn new skills and explore qualifications needed for working in the sector. Help with interviews and CV writing. | 9.15am to 2.45pm | 05/06/23 Mondays | 4 | Mohammed Rahman 0117 955 6971 mohammed.rahman@wsb.org.uk | Wellspring Settlement 43 Ducie Rd Barton Hill BS5 0AX Suitable to all |
| Confidence & Aspirations, Health & Wellbeing | | | | | |
| Cooking On A Budget Learn to cook tasty healthy recipes for you and your family. | 10am to 12noon | 20/04/23 Thursdays | 6 | Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk | Oldbury Court Children's Centre Frenchay Road BS16 2QS |
| Live Well And Save Energy A practical cooking course full of budgeting tips to help you save energy and cook healthy meals for you or your | 12.30pm to 2.30pm | 21/04/23 Fridays | 6 | Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk | Knowle West Healthy Living Centre 5 Downton Road BS4 1WH |

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|--|-------------------|---|---------------------|--|---|
| family. All resources provided, possible access to slow cookers to take home by the end of the course. | | | | | |
| *SewShall Join us for an opportunity to share creative skills and give back to your community! | 10am to 1pm | 28/04/23 Fridays | 7 | 07436261835 info@mxccbristol.com | Malcolm X Community Centre 141 City Road BS2 8YH |
| Beginners Woodwork A practical short course to learn some new woodwork techniques and build planters. | 9.30am to 2.30pm | 17/05/23 and 18/05/23 Weds and Thurs | 1 | Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk | Brunel Care St John's Court Mayfield Park Fishponds BS16 3PY |
| Learning For Life Come and sign up for a range of courses all running from Hartcliffe Nursery School and Children's Centre. Free creche with each course. | TBC | To start Sept 23 onwards | various | Helen Richards 0776090855 Helen.richards@bristol.gov.uk | Sign up at nursery school main reception and secure a place on a wide range of courses running from September 23 onwards. |
| ADDER Project Open to anyone with a current or previous addiction to alcohol or drugs. Also open to those with addiction issues who have links with the Criminal Justice System. One to one support with job searching, access to resources and small, supportive courses. | various | | | Lucy.fieldhouse@bristol.gov.uk Bryony.sims@bristol.gov.uk Michael.allen@bristol.gov.uk | ADDER learners will be supported to access courses and workshops that suit needs. Check with Lucy, Bryony or Mike about courses available or ask if you need a bespoke course or workshop created. |
| Course Title & Description | Time | Start Date & Day | No. of weeks | Contact | Delivery |
| Non-Accredited Functional Skills, ESOL & Language | | | | | |
| ESOL Entry 1 A beginner's ESOL course for people who aim to improve their reading, writing, speaking and listening. | 12.30pm to 2.30pm | 26/04/23 Wednesdays | 11 | Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk | Redcliffe Community Hub 4 Waring House BS1 6TB No Creche Suitable for Pre-Entry and Entry 1 ESOL learners |

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

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|--|------------------|------------|-------------------|--|---|
| ESOL Conversation Club BISHOPSTON Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 3.45pm to 4.45pm | Wednesdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Bishopston Library Gloucester Road BS7 8BN All levels welcome |
| ESOL Conversation Club UNITE VICTORIA STREET Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 5.30pm to 6.30pm | Wednesdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Unite the Union Tony Benn House Victoria Street BS1 6AY All levels welcome |
| ESOL Conversation Club ZOOM Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 10am to 11am | Thursdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Session via ZOOM, please email for more info All levels welcome |
| ESOL Conversation Club ST PAUL'S Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. *creche spaces available* | 1.30pm to 2.30pm | Thursdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | St. Paul's Nursery School and Children's Centre Little Bishop Street BS2 9JF All levels welcome *CRECHE SPACES AVAILABLE* please book spaces by calling 07917615354 |
| ESOL Conversation Club CITY CENTRE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 5.30pm to 6.30pm | Thursdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Central Library Café College Green BS1 5TL All levels welcome |
| ESOL Conversation Club STOKE LODGE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 5.30pm to 6.30pm | Thursdays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Stoke Lodge Adult Learning Centre Shirehampton Road BS9 1BN All levels welcome |
| ESOL Conversation Club HORFIELD/SOUTHMEAD Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. | 1.30pm to 2.30pm | Fridays | Ongoing Term time | Esolconversationclubs@bristol.gov.uk | Southmead & Horfield Job Centre 1-15 Monks Park Ave BS7 0UD All levels welcome |

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.

Princes Trust – free training programme for working in security



GET INTO SECURITY

LOOKING FOR WORK IN THE SECURITY INDUSTRY?

INFORMATION

Taster Day: Wednesday 19th April 2023
Course Dates: Monday 24th April to Tuesday 9th May 2023
Location: Prince's Trust centre, Victoria St.,
BS1 6BY (Transport costs can be re-imbursed)

Are you aged 18-30? Not in employment, Education, or Training?

This FREE 2-week programme offers you the opportunity to gain a Door Supervisor qualification and First aid certificate. The Prince's Trust will support you with your application and pay for your SIA licence on successfully passing the exams.

GET IN TOUCH AND START SOMETHING

For more information please contact
beth.melton@princes-trust.org.uk or call
07484097259

Supported by:



Prince's Trust



Get Started with Cooking

PASSIONATE ABOUT FOOD OR WANT TO LEARN TO COOK?

INFORMATION

Taster Day: Thursday 13th April

Course Dates: Monday 17th to Friday 21st April 2023

Location: Coexist community Kitchen, Easton, Bristol

Email: sam.walton@princes-trust.org.uk and
tom.christensen@princes-trust.org.uk

Are you aged 16-30? Our free course gives you the chance to explore the world of food and cooking.

In this programme you will:

- Gain new cooking skills through practical learning workshops
- Meet new people and develop confidence
- Learn about nutrition and local produce
- Receive up to six post course one to one goal setting sessions

Get in touch and Start Something today!

Supported by:



Wellspring Settlement – Strengthening Families Strengthening Communities course



A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

strengthening families strengthening communities

These sessions changed mine and my daughter's life

Starts Wednesday 19th April, and runs for 13 weeks

9.30am - 12.30pm

**Wellspring Settlement Family Centre
43 Ducie Road, Bristol, BS5 0AX**

For more information or to book, call Sally or Karen on 0117 955 6971 extension 161

Professionals: find a referral form at <https://form.jotform.com/222903517095355>

Parents: self refer here



Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400
www.wellspringsettlement.org.uk | info@wsb.org.uk

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499, and is a charity, number 1103139

Mindful Parenting – Free SEN Stressbusting Course



Free Stressbusting Course for Parents

This 10-week course uses mindfulness techniques to look at and manage how we deal with the stress and worry which comes from being a parent with a child who has additional needs. We learn to notice what happens when we are stressed and practice new ways to keep calm when faced with difficulties.

Stressbusting for Parents (SEN) uses mindfulness techniques that support us to:

- Feel more confident about being a parent.
- Manage stress and frustration and strong emotions.
- Talk to and listen to children more calmly.

FREE 10-Week Course for Parents of children with additional needs

Taster Workshop:

Date: Friday 17th March 2023

Time: 1 - 3pm

Format: Online Via Zoom

Book: <https://www.chatterminds.com/bookcourses/mindfulness-for-parents-taster>

Course Details:

On: Fridays 9.15 - 11.45am

Dates: 21st April - 30th June (Term time only - no sessions 2nd June due to half term)

Format: Online via Zoom

Book: <https://www.chatterminds.com/bookcourses/mindfulness-for-parents-funded>

Further Info: Call Claire-Louise on 07949399633 or email mpcp.bristol@gmail.com, www.mpcp.info

Thinking about reaching out?

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

SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

www.sendandyou.org.uk
support@sendandyou.org.uk



Bristol's Local Offer

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



Sign up to the mailing list



FLORA

Families Local Offer Resources and Advice:

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

0117 352 6020

flora@bristol.gov.uk



The person responsible for SEN, normally referred to as the

SEND Coordinator or SENDCo

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

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



SEND and Community Support Groups



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



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



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



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



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



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

SEND and Community Support Groups



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



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



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



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



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

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



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

SEND and Community Support Groups



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



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



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



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



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



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

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

SEND and Community Support Groups



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



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



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

Support From Bristol City Council Teams



Family courses offered by the Bristol Autism Team

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



Family courses offered by the Families in Focus team

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



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

Parent Talk



Down-to-earth parenting advice you can trust

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

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

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



parent-talk.org.uk





Parents...

Would you like to...

- **Feel more confident in your parenting**
- **Experience less stress in family life**
- **Talk to someone about the challenges of parenting?**

We can provide a Parent Buddy who can meet with you once a week for up to 6 weeks to give you a listening ear and support you to find solutions to the challenges you are facing. For more information and to sign up for a Parent Buddy please contact us using the details below.

Contact Us

Email: knowlewest@parentbuddies.co.uk

Phone: 07752 446849

www.parentbuddies.co.uk

Registered charity number 1185110

Mothers for Mothers Support Group – Bedminster and Hartcliffe



"The struggles will change, we are here for you good days and bad days."

Come along to our support group in

Bedminster

Every Thursday - 12:45pm to 2:45pm
at St Francis Church, North Street,
Ashton Gate, Bedminster, BS3 2AN

Contact us at groups@mothersformothers.co.uk



perinatal mental health



"Telling someone how you feel can help you get the support you need."

Come along to our support group in

Hartcliffe

Every Wednesday - 10:00am to 12:00pm
at New Fulford Family Centre, Gatehouse
Avenue, Hartcliffe, BS13 9AQ

Contact us at groups@mothersformothers.co.uk



perinatal mental health

Reconnect at
ROOTS TO WELLBEING
Garden Chat Craft Enjoy Nature



Every Wednesday @ 10.15am - 12.30pm
Hartcliffe Millennium Green

FREE

Free lunch + refreshments + transport provided



sign up here!



For more info email: sara@yourpark.org.uk
Sign up at: <https://yourpark.org.uk/rootstowellbeing>



Your Park is the working name of the Bristol and Bath Parks Foundation, a registered charity in England and Wales no 1182217



KWMC – The Factory Community Space



JOIN OUR MEMBERSHIP COMMUNITY!



KEY MEMBER BENEFITS



Hire Kit

Be inducted on and hire our range of digital and manual maker kit! from 3D printers and laser cutters to CNC routers and digital embroiderers



Co-working Space

Work from our modern co-working space alongside other local creatives



Community, Events and Socials

Join our social events, Pick the brains of our technicians and hang out with likeminded creative people!



***The place to get
creative in
South Bristol***



ABOUT US

KWMC The Factory is South Bristol's community makerspace. We are a part of Knowle West Media Centre who have been championing creativity in South Bristol for over 25 years.

Our workshops, co-working space and events programme are provided at reasonable rates and are the perfect place for people wanting to get creative in South Bristol!

COME AND FIND OUT MORE

We hold tours of the Factory every Wednesday at 11am, come on over and find out more!



Email:
factory_members
@kwmc.org.uk

Website:
kwmc.org.uk/thefactory/

Phone:
0117 903 0444

Address:
Unit 24/25, Filwood Green Business
Park, Hengrove Way, Bristol BS4 1ET

Socials:



@kwmcthefactory

Community Development Team – People are doing it for themselves

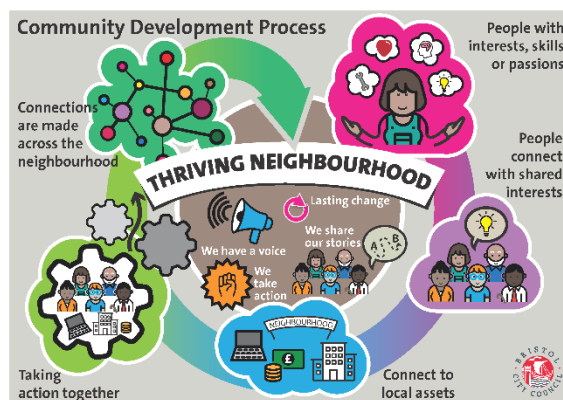
People are doing it for themselves (in South Bristol)

Wow, it feels so good for our team to be back out in the communities we know and love, supporting people to reform their groups and take action on the things they care about.

Here are a few stories from South Bristol about what local people have been doing in their communities. [South Bristol Summer 2022 \(arcgis.com\)](#) (Click on me!!). Over the last year we have trained over 50 people in community development skills across the city, and here you can read about how in Redcliffe, a group of Black Women have been trying out these skills in their local community and also, how in Bishopsworth residents are coming together to raise funds for a much-needed Children's Play Park.

And more recently [South Bristol Autumn 2022 \(arcgis.com\)](#) (Click on me!!), in the Autumn, how young people have taken positive action in Hartcliffe to make their community feel safer, they are awesome. Also how Playing Out at Imperial Apartments has provided a way for residents with young families to make connections with each other.

Do you feel inspired? Do you know someone with lots of ideas but doesn't know where to start? You'll find your local South Bristol Community Practitioner on our digital map [Community development team \(arcgis.com\)](#) who will be happy to support you or someone you know to realise their aspirations for their community.



HMV The Gatehouse – Community Events



HWV THE GATEHOUSE

NEWSLETTER

LATEST NEWS

HWV offers short 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. These courses start regularly.



SHORT COURSES INCLUDE

IT for Beginners
Quick and Easy Cooking
Health and Well-being

Online Job search and CV writing
Living on a Budget and Managing Money
Craft course

OTHER COURSES WE OFFER

MATHS AND ENGLISH COURSES

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. These course are roll on roll off courses and start weekly.

COMPUTER COURSES

Accredited and recognised ICT qualifications from Entry up to level 1. Using Microsoft software, emails and online search which giving learner's office skills as well as skills for life and sustainable employment. These course are roll on roll off courses and start weekly

PERSONAL DEVELOPMENT

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 starts 20th April

A COURSE FOR WORK AND LIFE

An 11-week course 2 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. Next course starts April 17th.

TEL: 01179 781 708 Email: gatehouse@hwv.org.uk Web: www.hwv.org.uk

WHAT'S ON @**HWV THE GATEHOUSE****Other things happening @ The Gatehouse Centre****The Gatehouse Café**

An open and friendly café offering a range of excellent hot and cold food, hot beverages and cold drinks. With comfy "Costa" chairs, a book lending library, children's small play area and free Wi-Fi, our cafe is a fantastic community space.

Home-made cakes all week, roast dinners on Thursdays, sandwiches made to order and all-day breakfasts.

Eat in or Take-away available.

Everyone welcome!

**The Gatehouse Nursery**

An up to 80 place nursery offering sessional day care, in a home-from-home setting. With friendly and fully qualified staff across 3 rooms for children aged 1 to 5 years old.

Offering 2-year old NEG (Nursery Education Grant) and 3-year old NEG. A safe, secure and stimulating learning environment for your child. 3 rooms for different aged children, a private play area, and a beautiful "nature garden".

**A2A Youth Training**

Achieve your full potential with our 16–18-year-old provision. If you did not get the expected results or wish to improve upon them. This could be the best place for you to build and prepare for your future.

With Youth support advisers to give you support and advice and guidance for progression into further education, employment, or training.

BS3 Community – Community Events



MARCH 2023 update

Lunch Club at The ~~Southville~~ Centre for our older friends (with carers if support is needed) every Monday 11.30 to 2.00. 2 course lunch for £4.00. Come and join us for a chat and almost certainly a laugh. Ring 0117 9231039 for more information.

Stay and Play at The ~~Southville~~ Centre will run through May half term 10.00 to 12.00 join us for some crafty activities. Playgroup suitable for all ages. £3.50 for one adult and child .50p for an additional child. Our School Room Café will be serving delicious cakes/lunches and coffees.

Morning social is a chance to meet new people, have a chat and take part in some gentle craft activities. Warm welcome for everyone at this wonderful accessible venue, with hot drinks and breakfast snacks at this free weekly event. We meet every Wednesday 9.30am -11.30am at the Bedminster Quaker Meeting House, ~~Wedmore~~ Vale, BS3 5HX. If you would like further information, please contact leanne.purton@bs3community.org.uk or call 0117 9231039

Join us for a stroll at your own pace each week. Meet new people, boost your ~~health~~ and learn about your local area at the same time. We meet outside Bridge view Medical on ~~Marksbury~~ Road every Tuesday at 9.30, push chairs/mobility scooters welcome. If you would like further information please contact leanne.purton@bs3community.org.uk or call 0117 923 1039

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**
DROPS **COUNCIL TAX** **CCJs**
FINES **WATER DEBT**
UTILITIES **BAILIFFS**
BENEFIT OVERPAYMENTS

 **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.

South Bristol Advice Services Opening times and Drop ins For Debt and Welfare Benefits

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--|
| The Withywood Centre Queens Road Bishopsworth Bristol BS13 8QA | Welfare & Debt Drop in 10am to 2pm | Welfare & Debt Drop In 10- 2pm | Welfare & Debt Drop In 10- 2pm Carpenters Store Food Bank 10am -12pm Referred only | Welfare Benefit drop in 10am to 2pm | Welfare Benefit drop in 10am to 2pm |
| | Charles Padfield Bedminster 10am to 12.30 | Symes General session 10-12 @Symes Community Building Peterson Ave BS13 0BE Hartcliffe BS13 Filwood Hope Centre Filwood Broadway BS4 1JL 1pm to 3pm | | Perry Court Community Hub 9am to 12 | |

–or Phone 0117 9851122 or Debt Line 0117 9038358

SOUTH WEST: NO PLACE FOR DRUGS.

Don't put up with it.
Help put an end to it.

If you know about illegal drug activity,
tell us 100% anonymously. Make the
South West no place for drugs.

It's your call to make.

Call the independent
charity Crimestoppers.

100% anonymous. Always.



#NoPlaceForDrugs

Crimestoppers Trust is a registered charity in
England & Wales (108667, Scotland (SC037960)).
Stock photo imagery posed by a model
used for illustrative purposes.

CrimeStoppers.

0800 555 111

**100% anonymous. Always.
crimestoppers-uk.org**

Crimestoppers – contact details



Services and opportunities for young people



Spring Holiday Club



Free sessions on Monday 3 April and
Tuesday 4 April, 10am-2pm for children
aged 8-12 years

Cooking and Garden Crafts
Lunch Provided

For children who are eligible for Free School
Meals

This is a SEND Friendly Provision

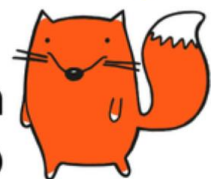
Book via Eventbrite

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



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



LPW – Easter Activities at The Big Hide Out



Easter at The Big Hideout



Learning Partnership West will be providing free play sessions for children and young people on **Monday 3rd - Friday 6th April** then **Tuesday 11th - Thursday 13th April** 2023 10am to 4pm

Age range: 8-13 year olds, everyone attending must complete a registration form. Under 8's are welcome but must be accompanied by a responsible adult (18+)

This programme is subject to change where necessary due to a new kitchen being installed and having no indoor space

| Week 1 | Activity | Week 2 | Activity |
|---------------------------------|---|----------------------------------|---|
| Monday 3 rd April | <ul style="list-style-type: none"> Rock painting Cooking on the fire (Chilli wraps) | Monday 10 th April | CLOSED DUE TO BANK HOLIDAY |
| Tuesday 4 th April | <ul style="list-style-type: none"> Bird feeders Cooking on the fire (Burgers) | Tuesday 11 th April | <ul style="list-style-type: none"> Clay Cooking on the fire (Bake your own bread) |
| Wednesday 5 th April | <ul style="list-style-type: none"> Stress balls Fruit kebabs | Wednesday 12 th April | <ul style="list-style-type: none"> Grow a sunflower Build your own baguette |
| Thursday 6 th April | <ul style="list-style-type: none"> Keyrings Rainbow wraps | Thursday 13 th April | <ul style="list-style-type: none"> Mask making Pasta |
| Friday 7 th April | CLOSED DUE TO BANK HOLIDAY | Friday 14 th April | CLOSED DUE TO TRIP TO LOCKLEAZE ADVENTURE PLAYGROUND/PLEASE SPEAK TO A MEMBER OF STAFF FOR MORE DETAILS LIMITED SPACES |



For further information please contact:
sjimenez@lpw.org.uk OR 07717816825
Teyfant Road, Heartcliffe, BS13 0RF

Crimestoppers 'fearless' competition



The poster features a blue banner at the top left with the word 'fearless' in white, and 'Part of Crimestoppers', 'Fearless.org', and '0800 555 111' below it. A large purple banner in the center contains the text 'BE FEARLESS in the South West COMPETITION'. Below this, on a green background, are the eligibility questions and instructions. A purple box contains the text 'Scan the QR Code to find out more & enter'. At the bottom, there is a purple box with 'LEARN MORE AT:' and a URL, a purple box with 'TERMS & CONDITIONS:' and a URL, and a blue box with the closing date. A QR code is located on the right side.

fearless
Part of Crimestoppers
Fearless.org 0800 555 111

BE FEARLESS
in the South West
COMPETITION

Do you live in South West England?
Are you aged 13-18?

Visit our new website, answer 2 simple questions
and you could win one of 3 prizes

Scan the QR Code
to find out more & enter

LEARN MORE AT:
www.crimestoppers-uk.org/fearless/news/2023/south-west-competition

TERMS & CONDITIONS:
www.crimestoppers-uk.org/fearless/terms-conditions

CLOSING DATE - MARCH 31ST 2023



OTR – support for mental health



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

Our Current Offer



Project Updates

Resilience Lab

We have temporarily paused our Resilience Lab project for 11-16 year olds and will have new online and in-person sessions starting up again from April/May. Keep an eye on our social media and newsletter for updates!

Young people can find out more about Resilience Lab here: otrbristol.org.uk/resilience-lab

Hubs

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

Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW

Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

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

Get In Touch

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

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Thursday 2-5pm**

Outside of these hours, you're welcome to leave us a voicemail and we'll get back to you – just make sure to give your name and number!

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