



# 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 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 and children



SBCC

SOUTH BRISTOL CHILDREN'S CENTRES

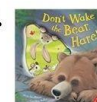
**Come and join South Bristol Children's Centre Hubs this summer**  
with special visits from We The Curious and Bristol Libraries.

Free Fun filled events for all the family on Tuesdays and Wednesdays through August. Lots of activities for pre-school children and support for parents. Just come along with sun cream, hats and a picnic! Watch our Facebook pages for weather related updates!

**WEEK 1**

Tuesday 2nd August 1-2:30 Forest School, Stockwood Childrens Centre BS14 8DQ

Wednesday 3rd August 1-2:30 Come and see us at the Big Play Thing. Running at the Hideout Tyfant Rd, BS13 0RF, please bring a teddy bear for teddy bears picnic.



**WEEK 2**

Tuesday 9th August 11:12:30 Forest School, South Street Park, Bedminster, BS3 3AU

Wednesday 10th August 1-2:30 Theme Handa's Surprise, Stockwood Childrens Centre BS14 8DQ



**WEEK 3**

Tuesday 16th August 1-2:30 Forest School, Knowle Childrens Centre Inns Court BS4 1TR

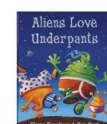
Wednesday 17th August 11-12:30 Theme Shark In The Park, South Street Park Bedminster BS3 3AU



**WEEK 4**

Tuesday 23rd August 1-2:30 Forest School Kings Head Lane Park, Bishopsworth BS13 7DB

Wednesday 24th August 1-2:30, Theme, Aliens Love Underpants Knowle Childrens Centre Inns Cort BS4 1TR



Facebook page: [SouthBristolChildrenCentreHub](#)  
&  
Website: [southbristolcc.org.uk](#)



**Your Holiday Hub – Activities for Children and Young People**  
Your Holiday Hub is aimed at ensuring that all children in Bristol have equal access to fun, enriching and healthy activities over the school holidays.

Visit the website to see what's on:

<https://www.yourholidayhubbristol.co.uk/>



## Welcome to Your Holiday Hub (YHH) Bristol!

At YHH you can explore a mix of FREE and paid for school holiday clubs and activities across Bristol, for children and young people aged 4-16. Bristol belongs to its children, and this is their holiday hub! To find a club or activity to suit your family search by:

  
Date

  
Location

  
Activity



### Activities

Whether it's sport, art, cooking, or drama, there are hundreds of fun activities and holiday clubs based in Bristol, to help keep your children and young people busy over the school holiday periods and more.

[Search Activities](#)



### Holiday Activities and Food (HAF)

Is your child aged 4-16 and eligible for free school meals (FSM)? If so, check out the free, YHH activities happening in your area.

[Search Clubs](#)



### About Your Holiday Hub (YHH)

YHH has been created to make it easier for all children and young people to stay active and have fun over the school holidays.

[Find out more about YHH](#)



Tobacco Factory Theatres.

## **Tobacco Factory Theatres' Summer Schools & Activities for young people aged 4 to 19**

Schools out for summer. Join Tobacco Factory Theatres for a week of creativity and perform on the main stage!

### **What to expect:**

- Fun and energising games
- Craft and art work, puppet and mask making
- Acting and ensemble movement skill development
  - Trust and team building exercises
  - Dressing up! Dressing down!
- Trips to the park for outside games

Each group will create a brand new performance which they will share with family and friends at the end of the week.

- Monday 25 – Friday 29 July 4:6 / 7:10 & 11:13 year olds
- Monday 01 Aug – Friday 05 Aug 14:19 year olds

To book your place go to [www.tobaccofactorytheatres.com](http://www.tobaccofactorytheatres.com)  
or call 0117 902 0344

<https://tobaccofactorytheatres.com/project/get-involved/for-young-people/>







**Jump Studios Summer Programme 2022**  
Free activities for ages 10-17

**MAKER  
CITY**

Monday 1st August - Wednesday 3rd August / 10-3 pm

An introduction to **Maker City** where **young people** can experiment with **digital making**, creative technologies and social action! Get inspired and **make products** using **laser cutters**, 3D printers and **vinyl cutters** and collaborate on **social action campaigns**.

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

**SOUND  
WAVE**

Monday 8th August - Wednesday 10th August / 10-3 pm

A space to come and **explore music**, and be inspired by the **local Bristol music scene**. Whether it is your **first time** making music or you have already started to **create your own**. We look at **collaborating** with each other to **write songs**, exploring **different instruments** and sounds and using music software to create ideas.

Knowle West Media Centre Leinster Ave, Bristol BS4 1NL



@Jumpkwmc



@Jumpkwmc



07729238700



REGISTER VIA WHATSAPP

SCAN TO REGISTER!

T: 0117 903 0444 P: 0772 923 8700 E: [jumpstudios@kwmc.org.uk](mailto:jumpstudios@kwmc.org.uk)

## Children's Scrapstore – Summer Activities



Find out about all our up-coming events below and on our website!



**Book Now:**  
**Summer Programme 2022**

Our Holiday Programme is full of lots of lovely arts & craft sessions to enjoy this Summer!

For more information & to book:  
[www.childrensscrapstore.co.uk/events](http://www.childrensscrapstore.co.uk/events)



**Super Saturday**  
in St Werburghs!  
Saturday 23rd July 2022!

Arts, Crafts & Play at Scrapstore

Join us for FREE, crafty fun, where we invite Primary School children and their families, at our drop-in session from 10.00am - 11.00am. Activities will take roughly 45 minutes. No unaccompanied Children. [www.childrensscrapstore.co.uk](http://www.childrensscrapstore.co.uk)



**REUSE AFTERNOON**  
THURSDAY 11TH AUGUST  
1:45-4:45PM

**SAVE THE DATE:** →  
SATURDAY 17TH SEPTEMBER

**REUSE FAIR**

**REUSE ART**

  
Department  
for Education

**Your  
Holiday  
HUB**  
Bristol

**PLAYFUL  
BRISTOL**

**Children's  
Scrapstore**

 **COMMUNITY  
FUND**

tel: 0117 908 5644 // email: [events@childrensscrapstore.co.uk](mailto:events@childrensscrapstore.co.uk) // charity no. 1008788

## Bristol Libraries – Opening Hours

<b>Central Library</b>	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
<b>Avonmouth</b>	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
<b>Bedminster</b>	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
<b>Bishopston</b>	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
<b>Bishopsworth</b>	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
<b>Clifton</b>	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
<b>Filwood</b>	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
<b>Fishponds</b>	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
<b>Hartcliffe</b>	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
<b>Henbury</b>	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
<b>Henleaze</b>	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
<b>Hillfields</b>	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
<b>Horfield</b>	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
<b>Junction 3</b>	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
<b>Knowle</b>	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
<b>Lockleaze</b>	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
<b>Marksbury Road</b>	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
<b>Redland</b>	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
<b>St George</b>	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
<b>St Pauls</b>	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-5	CLOSED
<b>Sea Mills</b>	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
<b>Shirehampton</b>	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
<b>Southmead</b>	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
<b>Stockwood</b>	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
<b>Westbury</b>	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
<b>Whitchurch</b>	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
<b>Wick Road</b>	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

## Bristol Libraries – Baby Bounce and Rhyme

Come along to one of our baby bounce and rhyme sessions with your baby to share your 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 welcomes too.

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

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



## Bristol Libraries – Storytime Sessions

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	Library	Day (Term time only)	Time
Bedminster 9038529	Saturday	11am	Junction 3 9223001	Monday	2.45pm
Bishopston 0117 3576220	Saturday	11.30am	Knowle 9038585	Friday	11.30am
Bishopsworth 9038566 All year round!	Wednesday Friday	2.00pm 10.30am	Marksbury Road 9038574 All year round!	Tuesday	10.30am
Central 9037215 All year round!	Monday	2.30pm	Redland 9038549	Friday	2.30pm
Clifton 9038572	Tuesday	2.30pm	Sea Mills 9038555	Tuesday	10.45am
Filwood 9038581	Friday	11.30am	Shirehampton 9038570	Thursday	11.00am
Fishponds 903560	Tuesday	2.15pm	Southmead	Wednesday	11.30am
Hartcliffe 9038568	Thursday	2.15pm	St George 9038523	Thursday	10.15am
Henbury	Wednesday	11.30am	Stockwood 9038546	Tuesday	2.15pm
Henleaze 9038541	Thursday	11.15am	Westbury 9038552	Friday	11.15am
Hillfields 9038576	Wednesday	2.15pm	Whitchurch 9031185	Friday	2.15pm
Horfield 9038538	Tuesday	11.30am	Wick Road 9038557	Friday	10.30am

## Summer Reading Challenge 2022



**Presented by The Reading Agency.  
Delivered in partnership with libraries.**

Get ready for Gadgeteers, arriving in Libraries Saturday 9 July and online this summer!

We're teaming up with the Science Museum Group for a very special science-themed Challenge, to show children that science is all around us every day and inspire them to unleash their curiosity and creativity!

The Challenge takes place in a fictional summer holiday club where our young innovators – the Gadgeteers - use creative thinking & teamwork to come up with cool inventions for the summer party!

Children will be introduced to many aspects of science engagement, including food, fashion, music, and sport – something for everyone to enjoy!

Gadgeteers will feature amazing books, awesome rewards, and plenty of creative fun science!

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 library books. At the end the reward is a brilliant Summer Reading Challenge medal!

To take part online go to [summerreadingchallenge.org.uk/](https://summerreadingchallenge.org.uk/) where children create their own profile with the assistance of an adult. They set their own reading goals, and are rewarded with fun digital activities and incentives along the way!



## Bristol Libraries – Words on Wheels at College Green



**Wednesday 27<sup>th</sup> July**  
**11am – 2.30pm**  
**College Green**

Creative writing and storytelling for adults!

Circus Skills for young people!

Children's stories and activities for the whole family!

(All children must be accompanied by an adult)



## The Family Centre Deaf Children – What's On

The Family Centre (Deaf Children) is a charity supporting children and their families who are living with a hearing loss in the Bristol and surrounding areas through a range of events, activities, and workshops.



### The Family Centre Deaf Children May - August 2022 what's on.....

<b>Friday 27th May</b> Bowling & Nandos Cribbs Causeway For our year 7 plus members 6.30-9pm	<b>Wednesday 1st June</b> Queens Platinum Jubilee Afternoon Tea Party Elmfield School 11.30-1.30pm	<b>Thursday 9th June</b> Boing! Lockleaze Gainsborough Square Soft Play for babies , preschoolers & their parent/carers 9.30-11am
<b>Saturday 16th July</b> The Square Food Foundation Ages 6 plus 2-4.30pm	<b>Saturday 13th August</b> Bristol Family Cycling Centre 11.30-12.30pm	Our Summer program of events is being put together. Check our website and Facebook for up to date information.

More dates to be added.

To book visit:  
[www.fcddc.org.uk/events](http://www.fcddc.org.uk/events)

Enquires: [admin@fcddc.org.uk](mailto:admin@fcddc.org.uk)

Charity number: 1062339

 **COMMUNITY  
FUND**

# Services and opportunities for young people



# ***SOUTH YOUTH FUND***

**11 -19 YEAR OLDS!**

**YOUTH MOVES HAVE  
GOT A POT OF MONEY TO  
GIVE OUT TO PROJECTS**



**ARE YOU UP FOR  
DECIDING WHO GETS IT?**



**To find out more contact  
Levi Hodge -  
07595197436  
[levi.hodge@youthmoves.org.uk](mailto:levi.hodge@youthmoves.org.uk)**



# HWCP Summer Activities

**Tuesday 26th July** - BMX Graffiti planning  
ages 6 to 14 - at the HWCP Community room - 12:30 til 2:30pm

**Thursday 28th July** - Family Beach Party  
at The Core Hareclive Academy - 12pm til 2pm - Booking  
essential

**Friday 29th July** - Uniform shop and information day  
ages 6 to 14 - @symes building - 10am til 2pm

**Tuesday 2nd August** - Jodie Hancock day of dance  
at The Core Hareclive Academy - 10am til 2pm- Booking  
essential

**Thursday 4th August** - Go Sketch Family Zen Doodle  
at The Core Hareclive Academy - 12pm til 1pm - Booking  
essential

**Friday 5th August** - Social Action for all  
Family picnic - at Wilmot Park - 12pm til 3pm

**Tuesday 9th August** - ACTA YP Drama  
ages 6 to 12 - The Core Hareclive Academy - 10am til 2pm

**Thursday 11th August** - BMX Graffiti and BBQ day  
ages 6 to 14 - at Wilmott park Bike Track - 10am til 2pm -  
Booking essential

**Tuesday 16th August** - Jodie Hancock Day of Dance

ages 6 to 14 - The Core Hareclive Academy - 10am til 2pm  
- Booking essential

**Thursday 18th August** - Go Sketch Family Comic making

at The Core Hareclive Academy - 12pm til 1pm - Booking essential

**Tuesday 23rd August** - BMX Trail day

at Wilmott Park - 10am til 2pm

**Friday 26th August** - Uniform shop and information day

@symes building - 10am til 2

**Tuesday 30th August** - Community Sports Day

at Merchants Academy - ages 6 to 14 - 10am til 2pm - Booking essential

**Wednesday 31st August** - Family Sports day

at Willmott Park - 12pm til 3pm - Bring a Picnic

**For any more info or to Book a place contact -**  
**[zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)**







# GET STARTED IN

# MINDSET AND MINDFULNESS

**16-30?**

This **FREE** online 1 week programme will help you to:

**DEVELOP A MINDSET FOR HAPPINESS, FULFILMENT, & SUCCESS**

- Develop your confidence and goal setting
- Identify and begin to dissolve self-limiting beliefs
  - Create & refine a growth mindset
  - Body language skills and more

**LEARN MINDFULNESS AND MEDITATION TECHNIQUES**

- To help deal with anxiety and stress
- Develop a calmer mind and greater mental clarity

Taster Day: Wednesday 27th July 11am - 1pm  
Programme: Monday 1st - Friday 5th August 10am - 3pm  
Where: MS Teams

Funded by the West of England Combined Authority

**Interested?**  
[amber.daly@princes-trust.org.uk](mailto:amber.daly@princes-trust.org.uk)  
0800 842 842



Prince's Trust

# EXPLORE

16-30?

## Personal Development course

This **FREE 3 week** course will help you:

- Boost confidence and improve teamwork skills.
- Identify and set your own goals with **1:1 support.**
- Support **employability** and independent living skills.
- Take part in group activities that are creative, outdoors and hands on.
- **Get motivated!**

### DATES FOR YOUR DIARY:

- Last day to apply: 27th July
- Taster Day: Wednesday 3rd August
- Course Starts: Tuesday 9th August

## Interested?



0800 842 842



[sam.walton@princes-trust.org.uk](mailto:sam.walton@princes-trust.org.uk)



Prince's Trust



# GET STARTED



This **FREE** course will help you to:

- Develop your animal handling experience
  - Build confidence and resilience
  - Gain practical horse care skills
- Develop team building and communication skills
  - Focus on Well-being and self-care

With 1-1 support post-programme for up to 6 sessions

Taster Day: Wednesday 17th August 11am - 1pm

Programme: Monday 22nd - Friday 26th August 10am - 3pm

Next Steps Day: 31st August 10am - 3pm

**Interested?**

[Rosie.kinnear@princes-trust.org.uk](mailto:Rosie.kinnear@princes-trust.org.uk)

0800 842 842

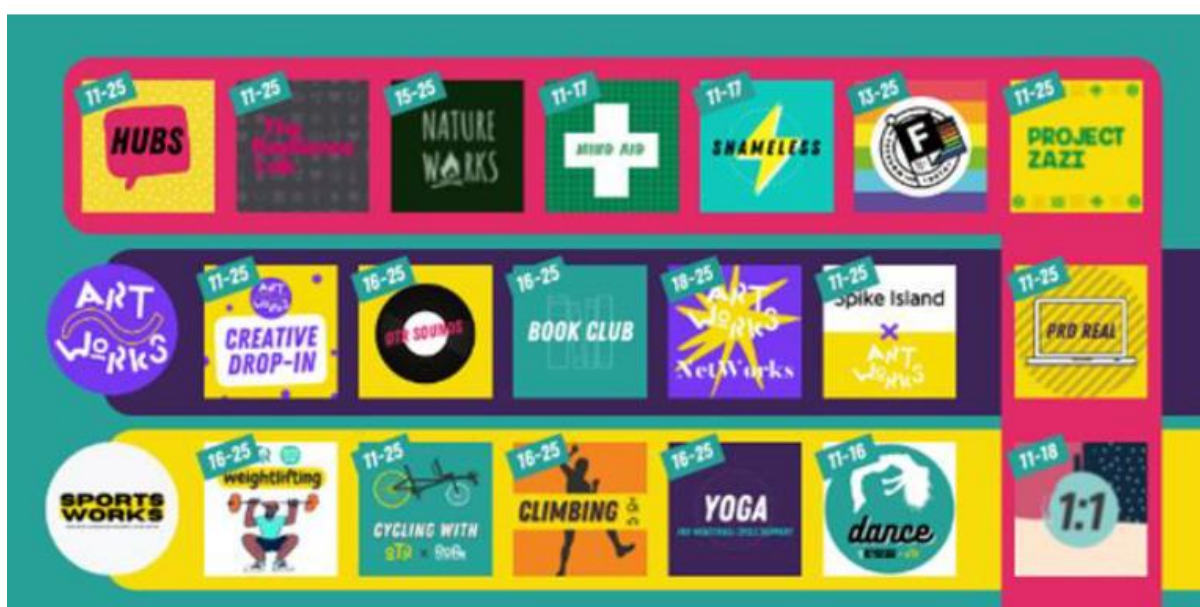


## Off the Record – Mental Health and Networking for Young People

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.

### What's On



### Get In Touch

Check out our website to read more about our services and sign up:  
[otrbristol.org.uk](http://otrbristol.org.uk)

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

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

Send us an email at [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

### **Change The Record**

OTR is really interested to hear what young people think of us – no matter how involved they've been with our services. We've created a survey designed to get feedback, good and bad, and shape OTR into a better service for young people, and we're looking for 11-25 year olds who have previously interacted with us to take part.

All young people who complete the survey will be invited to collect an OTR goody bag, and will also be entered into a prize draw to win one of ten Samsung Galaxy Tab As.

*Read more and access the survey here: [otrbristol.org.uk/2022/03/change-the-record](https://otrbristol.org.uk/2022/03/change-the-record)*

### **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](https://otrbristol.org.uk/what-we-do/hubs)*



# Grassroot Communities

## Grassroot Activators Programme (GAP)

Grassroot Communities engages, challenges and inspires young people and others in their neighbourhoods to be the changes they want to see, improving the quality of life and creating real social and environmental change.

The Grassroot Activators Programme (GAP) is a year long initiative delivered over 2 days a week for 16 to 25 year olds from marginalised communities across Bristol that seeks to raise aspirations, create role models and develop realistic pathways to future opportunities.

### The key aims are to:

- Train a cohort of young people with lived experience in marginalised areas of the city in youth, community and nature based work;
- Provide stepping stones for young people to achieve their full potential in employment, education, volunteering, apprenticeships and training;
- Develop young people as active citizens within their own communities and the wider city;
- Design teaching methods and models of engagement that build young people's capacity to participate in community and environmental leadership in the city; and
- Establish a framework for others across the UK, and internationally, to enable them to run a similar programme.

The GAP modules have been developed in consultation with young people, their families and communities in South Bristol.



Connecting young people with communities, cross pollinating cultures, beliefs and backgrounds, and celebrating the differences and similarities across the city will positively impact on community cohesion, tolerance, wellbeing and quality of life for all.

Each young person will have two Mentors and space for continued reflective practice over a three week

rotation throughout the year, as follows:

- 1) Youth and Community Work - Mentor
- 2) Reflective practice and community consultation - Peer Group
- 3) Business - Mentor

The programme (based on a college term structure) is spread across six terms and focuses on:

- leadership
- mentoring
- community development and innovation
- community social action
- entrepreneurship and social enterprise
- business work experience
- nature connection
- community food growing
- wellbeing
- environmental social action... and much more.



### COULD YOU SPONSOR A YOUNG PERSON TO ENGAGE IN GAP

or could you perhaps contribute towards a young person engaging in GAP?

To explore this opportunity in more detail please contact **Ben Carpenter** on **07787502232** or email **[info@grassrootcommunities.org](mailto:info@grassrootcommunities.org)**

# Tanikka Green

## Young Leader Case Study:

Tanikka is a young person who has grown up in the inner city and Hartcliffe. Tanikka experienced challenging circumstances and love at home and in the community during her childhood and formative years.

Grassroot Communities engaged with Tanikka when delivering street based (detached) youth work in Knowle West. Tanikka and her friends from Hartcliffe said 'it's safer to hang out with mates in Knowle West at the moment than it is in Hartcliffe'. Over a number of weeks we continued to engage with Tanikka and learnt about her desire to become a youth worker or a midwife. Tanikka said 'I want to do some good in my community and help other kids, some who may have been through similar things as me growing up'.

Tanikka started volunteering with our Knowle West detached team. In time we were able to start paying her as a young leader (when funding allowed). Her involvement helped us engage more widely with the community.

'Having a young leader as part of the detached teams who knows the young people and is of similar age and who knows the local families and community has been really helpful in engaging and building relationships with groups of young people from all backgrounds, behaviours and abilities' Ben - Grassroot Communities Youth Worker.

Tanikka helped consult with young people in Knowle West, contributing towards developing and delivering the 'Knowle West Bike Club' and our 'Growing Streets Together' - street party project. Growing Streets Together has supported many communities such as young people from Wilmott Park in Hartcliffe to develop creative responses to problems in their area and bring people of all ages in the community together.



Grassroot Communities pays young leaders as a way of creating opportunities and supporting a pathway for young people to work towards becoming the youth and community workers of tomorrow.

There are currently no level 2 or 3 youth work courses in Bristol, and the closest Youth and Community Work degree course is in South Wales.

GAP aims practically to bridge the gap with deepened learning and experiences transferable for succeeding in life. Helping to build confidence

and providing realistic stepping stones to grasp future opportunities in employment, apprenticeships and education. Importantly, GAP builds a solid foundation for young people to become future youth and community and the wider voluntary sector workers of tomorrow and be the catalysts for the changes they want to see.



To get a visual 'flavour' of the Grassroot Communities wider youth and community provisions please check out the following social media channels:


**Facebook** @Grassroot Communities  
**Instagram** @grassrootcommunities  
**Twitter** @Grassroot\_Comm  
**YouTube** @Grassroot Communities

Yours Sincerely


**Ben Carpenter**  
Founder of Grassroot  
Communities




## Support for Children Impacted by Parent's Drinking



Helping everyone affected by a parent's drinking



The National Association for Children of Alcoholics



Helping everyone affected by a parent's drinking

### Free helpline

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

**Call**  
0800 358 3456

**Email**  
helpline@nacooa.org.uk

**Message Boards**  
nacooa.org.uk/messageboards

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

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

### Nacoo's aims

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

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

Text 'Donate Nacoo 90' to 88802 to donate via smartphone.


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

### Patrons

Tony Adams MBE • Colum Best • Lauren Booth • Liam Byrne MP  
David Coldwell • Geraldine James OBE • Cherie Lunghi • Ella Macpherson  
Suzanne Stafford CBE • Camilla Tominey • David Yelland

Helpline: 0800 358 3456 helpline@nacooa.org.uk  
Post: PO Box 64, Bristol BS16 2UH  
Admin: 0117 524 8005 admin@nacooa.org.uk  
Website: nacooa.org.uk Socials: @NacooUK


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



The Queen's Award for Voluntary Service

[nacooa.org.uk](http://nacooa.org.uk)

Registered Charity No: 1009143



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

### Do you....

- Feel too embarrassed to take friends home?
- Keep secrets about the problems affecting your family?
- Tell lies to cover up for someone else's drinking?
- Feel guilty and don't know why? Feel different from other children?
- Feel confused when mum or dad change when they drink?
- Feel nobody really cares what happens to you?
- Think no one could understand how you feel?

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

### Things to remember

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

### The Nacoo Promise

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

### Ways to feel better

**Talk to someone you trust**  
Talking about how you feel is not telling on your family.

**Find time for things you like**  
Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

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

**Read other children's stories**  
Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoo website.

**Visit our website**  
[Nacoo.org.uk](http://Nacoo.org.uk) for lots more information and support

0800 358 3456

[nacooa.org.uk](http://nacooa.org.uk)


[helpline@nacooa.org.uk](mailto:helpline@nacooa.org.uk)



## Brave Bold Drama – Speedy Summer Art



**SPEEDY  
Summer  
ART  
SUBSCRIPTION**

Company of  
International Artists

introduce your child to the world of art with our  
quirky, empowering creative subscription service!

Every week for the summer holidays:  
receive a new creative mission about a  
different artist in the post from Agents  
Kahlo & Dali!

**SIGN UP A CHILD AT:** 

[www.companyofinternationalartists.com](http://www.companyofinternationalartists.com)



# Services and opportunities for Parents/Carers

## Help to Access the Council Tax Rebate



### **Supporting Citizens with claiming the Council Tax Energy Rebate**

- You may be eligible for £150.00 energy rebate if:
  - You are liable for Council Tax at an address valued in council tax bands A to D. (This includes property that is valued in band E but has an alternative valuation band of band D, as a result of the disabled band reduction scheme). This could be you even if you don't pay Council Tax! AND
  - You occupied the address on 01/04/2022
- You should apply for the rebate here [£150 council tax rebate - bristol.gov.uk](https://bristol.gov.uk/council-tax-rebate)
- When you are applying you will need:
  - Your Council Tax Account number (please enter as presented on your bill, do not include any hyphens or spaces)
  - Details of a bank account you would like the amount paid into (alternatively you can opt for the rebate to be deducted from your Council Tax Account).
- If you are unable to complete the online form, please call Bristol City Council **0117 922 2900** and the form can be completed for you.
- If you fall outside of the criteria (for instance if you occupy an address, but another party is liable for the Council Tax) then you may qualify the discretionary fund, this is being finalised and further information, including the full eligibility criteria and exclusions, will be provided on The Bristol City Council website as soon as possible.



## Kids Eat for Free or £1 Over Summer Holidays 2022

### KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



#### MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

#### ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

#### DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

**YO!** Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

#### BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

#### HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

#### IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

#### BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

#### DOBBIES

Kids eat free with an adult main meal.

#### TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

#### CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

#### MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

### PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022

COURTESY OF MONEY SAVING CENTRAL

#### ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

#### FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

#### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

#### YO! SUSHI

Kid's eat free from 3pm-5:30pm, Monday to Thursday until 1st September 2022.

#### THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

#### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

#### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

#### PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

#### MARKS & SPENCER CAFE

Likely But Not Yet Announced

#### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

#### MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

#### HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

#### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

#### CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

#### SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

#### ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

#### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto

#### FARMHOUSE INNS

Likely But Not Yet Announced


Copyright of MONEY SAVING CENTRAL



SEND parent nurture group.

## ***Is your child on a different path to other children?***

Want to connect with others who get it?



Join a SEND parent nurture group for wellbeing and friendship with other parents of disabled/neurodivergent children

**Autumn Groups:**

- Tuesdays 1-2:30pm, St Werburghs Community Centre
- Wednesdays 8-9:30pm on zoom
- Thursdays 10-11:3am for parents of 0-5 yr olds, venue tbc

'I have a sense of belonging and connection now and am able to manage the feelings that come up on a daily basis' Participant 2022



Murmuration  
Community  
Therapy



**Facilitated by a therapist and a community worker. Email [murmurationct@gmail.com](mailto:murmurationct@gmail.com) to book a place**

## Support for Parents of Children with Autism – Free Workshops



# FREE Workshops

## Is your child on the Autism Assessment Waiting List?

This exciting project is aimed at parents and carers who are on the waiting list for an Autism assessment for their child. We know that in some areas this can be a long process.

For the first time Bristol, North Somerset and South Gloucestershire (BNSSG) Parent Carer forums have teamed together and are delivering specific workshops to provide information, support and practical guidance.

A combination of professional expertise, knowledge and the lived experience of parenting a SEND child is at the basis of each workshop. Attending our workshops will give you the benefit of years of professional training and expertise. We will be running both on-line and face-to-face workshops. Our face-to-face workshops will focus on four themes, turn over for a summary, and our on-line sessions will cover a variety of themes based on feedback we receive from families.

Please sign up to your local Parent Carer Forum to be the first to get dates and locations for our workshops and on-line sessions.

### Bristol Parent Carers

E: [info@bristolparentcarers.org.uk](mailto:info@bristolparentcarers.org.uk)  
T: 07306 650 222  
W: [www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)

### North Somerset Parent Carers Working Together

E: [admin@nspcwt.org](mailto:admin@nspcwt.org)  
T: 01934 440 844  
W: [www.nspcwt.org](http://www.nspcwt.org)

### South Glos Parent Carers

E: [training@sglospc.org.uk](mailto:training@sglospc.org.uk)  
T: 07916 275 440  
W: [www.sglospc.org.uk](http://www.sglospc.org.uk)



BRISTOL, NORTH SOMERSET &  
SOUTH GLOS PARENT CARER FORUMS



# Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.



## An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.



## An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.



## An Introduction to Understanding and Supporting Sensory Differences

This workshop provides an introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.



## An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.



**Working together  
for SEND families**

BRISTOL, NORTH SOMERSET &  
SOUTH GLOS PARENT CARER FORUMS



## Cost of Living Payments

Hello

We have received this message which I wanted to bring to your urgent attention regarding the cost of living payments.

### **Cost of living payments fraud**

You may have seen in the media that there has been a significant increase in scammers attempting to obtain personal information from customers by sending out texts suggesting that customers are eligible for cost of living payments.

Please remind customers that they do not have to do anything. If they are eligible:

- they will not need to apply for the payment
- they will not need to call us
- the payment to you is automatic
- DWP will never ask for personal details by SMS or email.



# NHS Healthy Start – Get Help to Buy Food and Milk

## What is NHS Healthy Start?

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

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

You can also get free Healthy Start vitamins.

You'll get:

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

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



## What can I buy?

### Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

### Plain cow's milk

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

✗ It cannot be:

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

## Who can apply?

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

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

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

You will also be eligible for Healthy Start if:

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

## Infant formula

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

✗ It cannot be:

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

## Healthy Start Vitamins

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

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

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

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter  
@NHSHealthyStart

The alipay prepaid card is issued by alipay Ltd pursuant to license by Mastercard International Incorporated. alipay Ltd is a company regulated by the Financial Conduct Authority (FRN 900530) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

## How to apply



Visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Fill in the online application form



Receive your pre-paid card in the post



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



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



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

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

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

**NHS**

## Healthy Start

Get help to buy food and milk







**ESOL/English**  
**for Everyday**

- **Inns Court Community and Family Centre, 1 Marshall Walk BS4 1TR**
- **Every Wednesday from 15<sup>th</sup> June**
- **10.00-12.00 each week**
- **Free creche but must book**

**Free course to help you to practice your English skills in reading, writing and speaking. Learn with other adults in a friendly group. Book your place now.**

**Contact: Lucy Fieldhouse Phone/Text: 07788353446**

**Eligibility: Adults 19+ with no or low qualifications**



**COMMUNITY  
LEARNING**

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

## Knowle Community Hub – Wellbeing



### Knowle Community Hub

Connect. Share. Learn



**For Your Emotional and Mental Wellbeing**

June 16<sup>th</sup>, June 30<sup>th</sup>, July 14<sup>th</sup> & July 28<sup>th</sup> 2022

Drop in and meet staff from our community and carers services.

Knowle West Health Park, Downton Road, Bristol, BS4 1WH



Fortnightly on Thursdays 10am – 12.30 pm

Find out more about what Rethink provides, including information on self-help resources and other services across Bristol.

**No need to make an appointment!**

You can also visit our website at [www.rethink.org](http://www.rethink.org) to find our factsheets on mental health.

For info on  
community support:  
[bristolservices@rethink.org](mailto:bristolservices@rethink.org)



For info on  
carers support:  
[www.rethink.org/  
bristolcarers](http://www.rethink.org/bristolcarers)



# ActiveTalk

**1:1 Mental Wellbeing Support for Women**

**8 Weekly Walk & Talk Sessions of 60mins**

Safe, non-judgemental space to talk, be heard  
and to develop tools for sustained positive  
mental wellbeing.

Walking sessions take place in local green  
spaces and are shown to improve wellbeing.

**Referrals can be made directly for women in  
Knowle West, Filwood, Hartcliffe & Withywood**

**Contact Charlie on 07764 744609**  
**[charliehh@activebeing.co.uk](mailto:charliehh@activebeing.co.uk)**

**Sessions are fully funded through the BCC Active  
Transport Social Prescribing Fund**



ActiveBeing

# CreativeBeing & Wild Women

Referrals can now be made using the following link;

<https://forms.office.com/r/DWHv3wEEPN>  
or scan the QR code below.



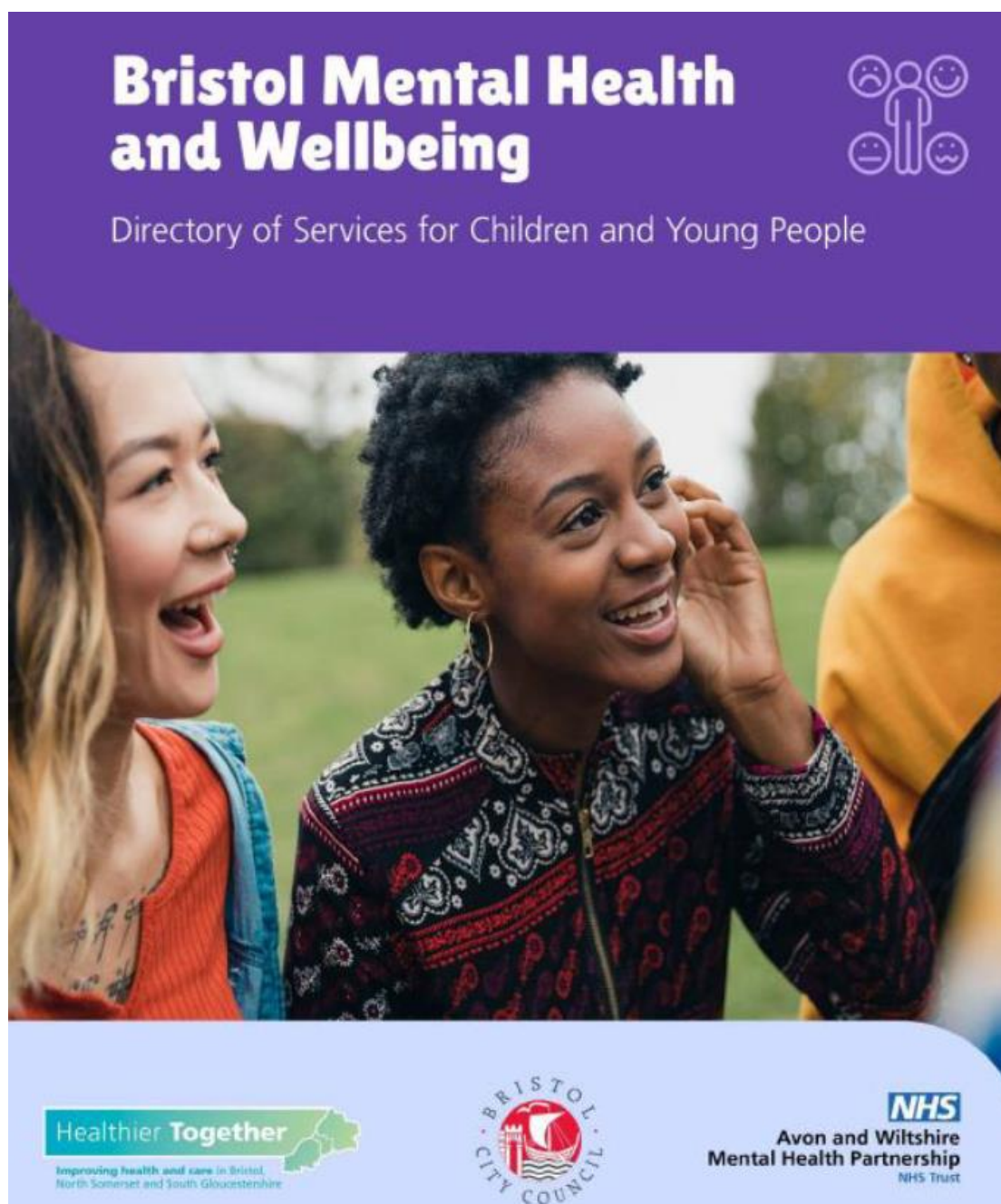
Alternatively contact [charliehh@activebeing.co.uk](mailto:charliehh@activebeing.co.uk)



## Bristol Mental Health & Wellbeing Directory

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

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



## The Compassionate Friends Support Group

### THE COMPASSIONATE FRIENDS SUPPORT GROUP FOR BEREAVED PARENTS IN BRISTOL



The Compassionate Friends (TCF) is an organisation of bereaved parents, grandparents and siblings supporting each other.

IF YOU WOULD LIKE TO MEET A FRIENDLY, SUPPORTIVE TCF GROUP OF BEREAVED PARENTS, PLEASE CONTACT ME – MANDY – [amamtcf@gmail.com](mailto:amamtcf@gmail.com). WE HAVE A GROUP MEETING EVERY 2<sup>ND</sup> MONDAY OF THE MONTH.

National Helpline 0345 123 2304  
[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk) | [www.tcf.org.uk](http://www.tcf.org.uk)

Registered charity no. 1092055



## Roots to Wellbeing

### FEELING DISCONNECTED?

....From nature?



....From others?



....From calm?



## Come and reconnect at ROOTS TO WELLBEING!

Every Wednesday @ 10am - 12pm

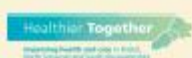
Hartcliffe Millennium Green

FREE + refreshments & travel provided

Fully accessible and suitable for all mobility levels.



For more info email: [sara@yourpark.org.uk](mailto: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

# STRUGGLING WITH HOUSING OR HOMELESSNESS?



If you are a parent and need advice on housing issues, you can speak to Shelter's Family Service at Imperial Apartments. We'll be here on the third Tuesday of each month from 4-6pm on the first floor, above reception.

For further information, please ask a member of staff or contact Shelter at [FamilySupportService@shelter.org.uk](mailto:FamilySupportService@shelter.org.uk)

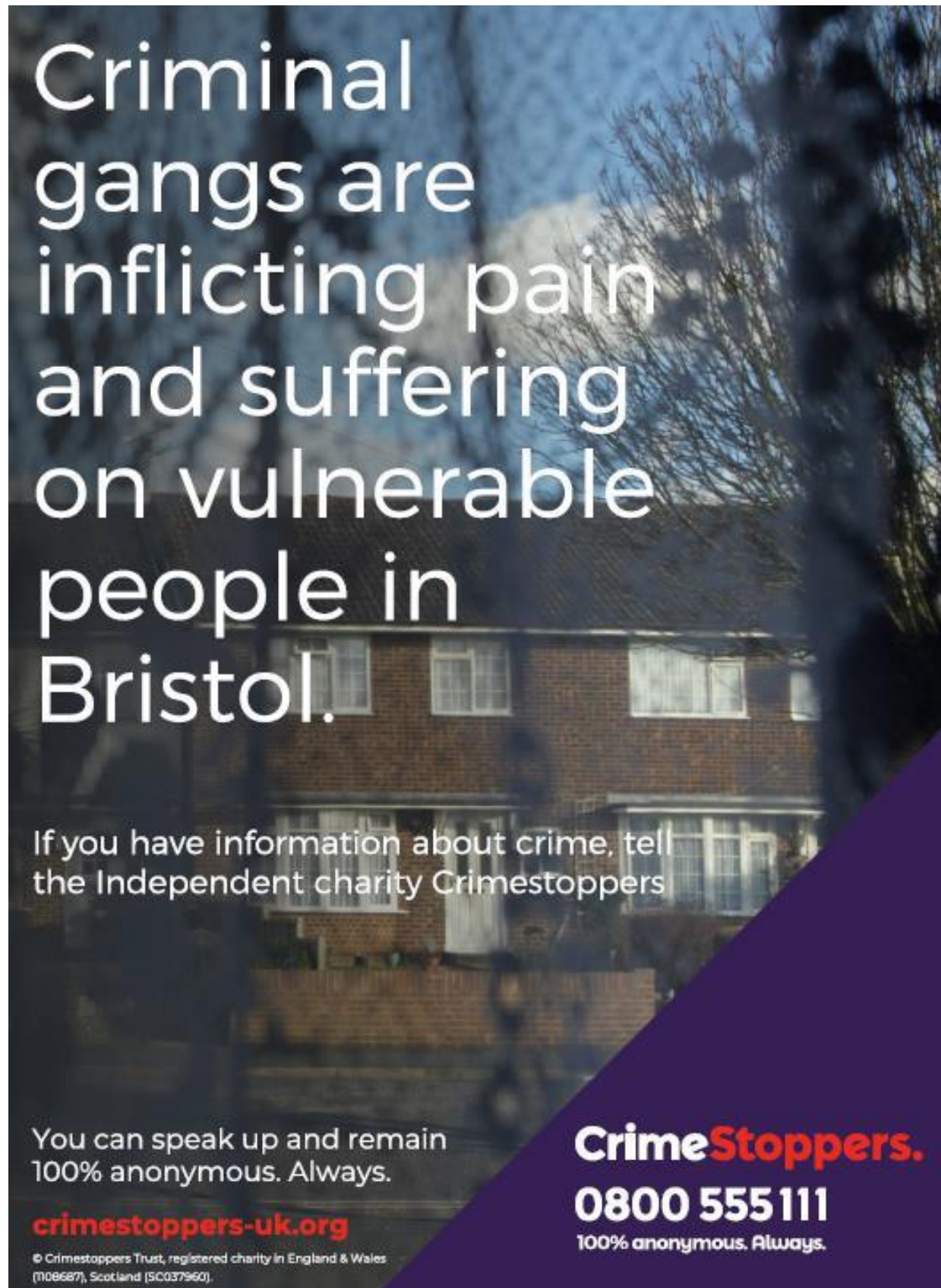
For online housing advice and access to our emergency helpline, visit:  
[shelter.org.uk/housing\\_advice](https://shelter.org.uk/housing_advice)



## SHELTER

© Shelter, the National Campaign for Homeless People Limited 2022.  
Registered charity in England & Wales (363710) and Scotland (SC036227).  
Photography by Jenny Lewis/Shelter.





# Criminal gangs are inflicting pain and suffering on vulnerable people in Bristol.

If you have information about crime, tell the Independent charity Crimestoppers

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

**[crimestoppers-uk.org](http://crimestoppers-uk.org)**

© Crimestoppers Trust, registered charity in England & Wales (106687), Scotland (SC037960).

**CrimeStoppers.**  
**0800 555 111**  
100% anonymous. Always.

