

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

What's on at Redcatch Community Garden?

Your Holiday Hub 	Mon 11 th & Tues 12 th April 10am-2pm Age 8-11, Free, focus on children in receipt of free school meals Outdoor cookery session, cooking your lunch & garden craft, Booking through Eventbrite https://www.eventbrite.co.uk/e/305511441947	Roots Café and Garden Open 9.30am – 4.30pm Mon - Sun	Easter Hunt – Find all the pictures hidden in the Garden and claim your prize – Free (donations welcome!) 9.30am – 4pm, Mon - Sun
Happymess Messy Play & Crafts 	Wed 13 th April, 10.30am-11.30am Accompanied children, Age 1-8 years, £4* first child, £3* siblings Booking through Trybooking Drop ins welcome if space https://www.trybooking.co.uk/BCBS		
Nature Sprouts Easter Crafts 	Thurs 14 th April, 10.30am-11.45am Make an Easter wreath and wooden bird feeder Accompanied children, Age 5+, £5* per child Booking through Trybooking Drop ins welcome if space https://www.trybooking.co.uk/BOKS		
Your Holiday Hub 	Tues 19 th April 10am-2pm Age 8-11, Free, focus on children in receipt of free school meals Outdoor cookery session, cooking your lunch & garden craft, Booking through Eventbrite https://www.eventbrite.co.uk/e/305511441947		
Happymess Messy Play & Crafts 	Wed 20 th April, 10.30am-11.30am Accompanied children, Age 1-8 years, £4* first child, £3* siblings Booking through Trybooking Drop ins welcome if space https://www.trybooking.co.uk/BCBS		
Garden Cooks 	Wed 20 th April, 1pm-3pm Age 6-12 years, Under 8 years must be accompanied, over 8 years can be dropped off, £15 Booking through Eventbrite https://www.eventbrite.co.uk/e/309952455137		
Nature Sprouts Clay Crafting 	Fri 22 nd April, 10.30am-11.45am Use clay and natural materials to bring your ideas to life Accompanied children, Age 5+, £5* per child Booking through Trybooking Drop ins welcome if space https://www.trybooking.co.uk/BOKS		

*prices exclude a small booking from Trybookings

Check out our Facebook, Instagram and website

www.redcatchcommunitygarden.com and Garden notice boards for more details

EASTER ACTIVITIES



Tuesday 12th April - 10am-2pm

Drama ACTA - ages 6-12 (Lunch provided)

At Hareclive Academy

Booking essential 20 spaces available

Wednesday 13th April - 10am-2pm

Community Sports Day - ages 8-16

At Merchants Secondary

Thursday 14th April - 12pm-3pm

Easter egg and wildlife hunt-Open to families

At Dundry slopes

(meet by the gate next to scouts hut)

Wednesday 20th April - 10am-2pm
Community day- At Wilmott Park

Thursday 21st April - 10am-12pm
Photography Club - ages 8-16
At HWCP (Lunch provided)
Booking essential 10 spaces available

Friday 22nd April - 12pm-1pm
Go sketch-family cartooning (Lunch provided)
At Hareclive Academy
Booking essential 30 spaces available



**To book spaces please Email -
zak.dugdale@hwcp.org.uk**



We The Curious

Whether it's making animations, chatting with a robot, or sending a message into space, there's so much to spark your imagination at We The Curious.

Getting here:

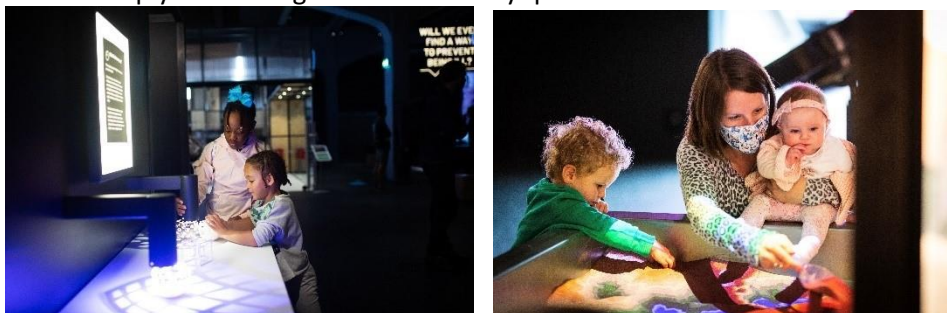
We're in Bristol harbourside. Get here by bus, or we have a car park and space for coaches to park.



What's inside?

We're a hands-on science centre with lots of different experiences across 2 floors. Exhibits you can touch and play with, as well as experiments you can take part in and shows that you can see.

We love you to touch exhibits, laugh with your friends, ask questions. You don't have to be super quiet and we're here to help you have a great time! No silly questions here.



Practical things:

There's a café, but you're also welcome to bring your own food. We have picnic tables inside, or you can go outside to eat, and then come back in later.

Any under 12s do need to stick with their grown-ups.

For families: buggy parking, baby changing, picnic area and highchairs.

Accessible to wheelchairs, including toilets and a Changing Places facility which is open to anyone, even if you're not visiting We The Curious. Guide dogs are welcome, and we have a hearing loop in a Planetarium.



Tickets:

All tickets need to be booked in advance, tickets are emailed to you. If you have a smart phone, just show your tickets to our team in the foyer when you arrive.

If you don't have a smart phone, then just ask our team and they will be able to help.

A range of prices, **including some concessions for those on free school meals. Under 3s also go free.** All our prices are here: <https://www.wethecurious.org/visit-us/ticket-prices>

Book tickets online on www.wethecurious.org or call 0117 915 1000 (Mon-Fri 9-5) and our brilliant Bookings team can help.

Look forward to seeing you soon!

Services and opportunities for Parents/Carers

Bristol Community Transport is a charity organisation who provide multiple programmes and services to help connect our communities, reduce social isolation and encourage new friendships.

Our Dial a Ride service is a door-to-door operation providing transport to help with shopping trips, hospital appointments, social activities and much more. This service is accessible to anyone within the Bristol City area who struggle to access main stream public transport.



Alongside our Dial a Ride service we run a Social Outings programme which is designed to take out our service users to multiple locations in and outside Bristol which would be difficult to access for our service users without our Community Transport.

As well as directly helping our communities we, provide minibus hire to non for profit organisations, who use the minibuses for the social benefit of their members and others. For example we hire to youth centres, schools and sports groups. This provides them the benefit of having a minibus without the expense of owning one.



Help us connect our communities and volunteer today!
Voluntary roles include minibus driving & passenger companions.

To find out more about these opportunities and services please visit
www.bristolcommunitytransport.org.uk or call 0117 9020 157 or
email bctoffice@hctgroup.org

Upcoming Social Outings:

- Cadbury Garden Centre – 06/04/22
- Clevedon – 13/04/22
- The Stoke Inn – 20/04/22
- WWT Slimbridge – 27/04/22
- Highfield Garden Centre 0 04/05/22
- Burnham-on-Sea – 11/05/22
- Salt & Malt – 18/05/22
- Avon Valley Railway – 25/05/22

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
UTILITIES FINES WATER DEBT
BENEFIT OVERPAYMENTS BAILIFFS



SOUTH BRISTOL ADVICE CENTRE

DROP -IN

EVERY TUESDAY 10-12

HWCP COMMUNITY ROOM

NO APPOINTMENT NEEDED

TIME TO TALK



**COME AND HAVE A CUPPA AND CHAT WITH YOUR
LOCAL COMMUNITY WORKERS IN A SAFE AND
FRIENDLY SPACE**

**THURSDAYS 4:30–5:30
HWCP COMMUNITY ROOM**

**FOR YOUNG PEOPLE
AGED 11+**





SAY
SEND AND YOU
SENDIAS

Bristol Events

April 2022

Bristol Daytime SEND Surgery

[Wednesday 6th April 2022](#)

SEND and You Information
Session - Tribunals

[Thursday 7th April 2022](#)

SEND and You Youth Matters
Group

[Monday 9th May 2022](#)

Bristol Evening SEND Surgery

[Tuesday 10th May](#)

SEND and You Mental
Capacity and Consent
Virtual Coffee Morning

[Wednesday 18th May 2022](#)

SEND and You Youth Matters
Group

[Monday 13th June 2022](#)

Bristol Daytime SEND Surgery

[Wednesday 15th June 2022](#)

SEND and You Transitions
Virtual Coffee Morning

[Wednesday 22nd June 2022](#)

SEND and You

Upcoming events for months ahead

[Click to download interactive PDF poster](#)

Weight Management Research in South Bristol



WE NEED YOUR HELP!

**HELP US DESIGN AN
INCLUSIVE WEIGHT
MANAGEMENT SERVICE
THAT REPRESENTS YOU!**

**SUPPORTING HEALTHIER LIFESTYLES
IN BRISTOL**

 **beeze
bodies**

**WE'RE THE EXPERTS IN SUPPORTING PEOPLE TO
MAKE HEALTHY HABITS.**

**YOU'RE THE EXPERT IN WHAT WORKS IN YOUR
COMMUNITY AND REAL LIFE.**



Do you live in Filwood, Innes Court, Knowle West or Hartcliffe & Withywood? If so, we want to hear your views!

We need your help designing weight management services that reflects your community, your life and your experiences.

We run award winning services to help people make healthy changes to their lifestyle. But we know that one size doesn't fit all.

Making changes towards a healthier lifestyle has to be based with you, your experiences and your life in mind. We understand that different people have different experiences and lives, and we want to hear and understand about yours.

So we want to work together and design our services around you, your families and communities. This means that when we run a service in your area, it reflects your real life and experience.

In order to do this, we are asking people from different communities to join us for either group discussions or individual discussions about health and wellbeing.



**If you would like to be involved or to know more,
please contact our friendly networker, Sarah, on either
07511 177 642 or sarahminter@beezebodies.co.uk**



Community Learning West APRIL update FREE courses

Community Learning West offers a wide range of **FREE** courses to 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.

Some courses take place **online** using Zoom, Google Classroom, Facebook, etc. Others take place **face-to-face**. For online courses, learners need a smart phone, laptop or tablet and data/Wi-Fi for internet use. Community Learning West has some tablets to loan out and Wi-Fi bundles to help learners with limited digital access. Please contact Community Learning West by email ictinfo@bristol.gov.uk for more details.

Courses starting soon...

Non-accredited Maths and English



Brush Up Your English – For Work

Ideal for adults who want to improve their written English for work, brush up on punctuation in formal writing. Gain confidence and improve interview skills. **Face-to-face** at Long Cross Children's Centre, Lawrence Weston, BS11 0LP. 1pm to 3pm, Mondays for 10 weeks **from 25/04/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

IT and Employment Skills



***Introduction To Remote Learning**

Learning online is here to stay! This 3-hour workshop will help you use Zoom and stay safe online. **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. One session on **25/04/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

***Confidence In Employability**

Covers personal skills and attributes, writing a good CV and covering letter and job searching using a range of tools. Prepare for the interview and get that job! **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. 9.30am to 3pm, **3 days on 26/04/22 to 28/04/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

Level 1 Childcare

You will gain an understanding of the knowledge and the skills needed to care for young children. You will also learn about the different types of early years settings. **Face-to-face** at Hartcliffe Nursery School & Children's Centre, BS13 0JW. 9.30am to 11.30am, Tuesdays **from 26/04/22**. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk

Level 1 Health & Social Care

Gain the skills and knowledge with this qualification to prepare to work across the health & social care sector with visits from local social care employers. **Face-to-face** at St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ. 12noon to 3pm, Thursdays for 10 weeks **from 28/04/22. Suitable for Entry 3 and above.** Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Get To Know Your Laptop. COMING SOON

A computer course for beginners. Learn how to navigate a laptop, send emails, make an application online, make Zoom calls and use the internet safely. Laptops and data may be available for learners on this course. In North Bristol. For more information and to register your interest, contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Level 2 Award In Independent Advocacy. 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 over 10 weeks plus a 4-week Introduction to Advocacy and gain a nationally recognised qualification. Course to run at least 4 times a year in venues across the city. Laptops provided to help you learn. One to one support after the course to help you plan and take your next steps. **Criteria – must be aged 19 or over and be a Bristol resident.** To find out more about the course and when/where they are happening contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Level 1 Customer Service Award. COMING SOON

In North Bristol. For more information and to register your interest, contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Family Learning



Make Your Family Trip To A Museum Fun

A family learning course for parents and under 5s. Enjoy fun activities together at Blaise Museum House and Estate. **Face-to-face** at Blaise Castle House, Kings Weston Road, BS10 7QS. 10am to 11.30am, Wednesdays for 4 weeks **from 15/06/22.** Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

*Triple P Parenting. COMING SOON

Triple P (Positive Parenting Programme), is as an 'evidence-based' parenting programme. This means, it's tried and tested and proven to work. Designed and created by clinical psychologist from Queensland University, Australia, Triple P has been running for over 30 years, and is used in countries across the world. **If your school is interested in hosting a course,** please contact Jonathan Hope on 07779086892 or email jonathan.hope@wider-world.org.uk

*Boost. COMING SOON

Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're

going to achieve it. **If your school is interested in hosting a course**, please contact Jonathan Hope on 07779086892 or email jonathan.hope@wider-world.org.uk

***Fussy Eating And Mealtimes. COMING SOON**

For parents and carers looking to develop the skills and knowledge to support their children to learn healthy eating habits and to understand the family mealtimes. **Online**, start date TBC. For details of the course and how to enrol, please contact Jonathan Hope on 07779086892 or email jonathan.hope@wider-world.org.uk

ESOL Conversation Clubs and Courses



ESOL Conversation Clubs

To join a friendly Zoom meeting contact esolconversationclubs@bristol.gov.uk. For more information check our website www.esolcc.org or visit Learn English in Bristol website: www.LEB.community

NEW ESOL Conversation Club in Shirehampton.

Face-to-face at Shirehampton Job Hub, Methodist Church, Penpole Avenue, Shirehampton, Bristol, BS11 0DY. 10am to 11am on Thursdays **in term time**. Contact esolconversationclubs@bristol.gov.uk

ESOL For Everyday

A course for beginner level to improve speaking, listening, writing and reading for everyday life. **Face-to-face** at Crofts End Church, 1 Crofts End Road, Speedwell, Bristol BS5 7UW. 12.15pm to 2.15pm, Mondays for 10 weeks **from 25/04/22. Suitable for Pre-entry to Entry 2**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

ESOL For Everyday

A course for beginner level to improve speaking, listening, writing and reading for everyday life. **Face-to-face** at St Werburghs Community Centre, Horley Road, St Werburghs, Bristol BS2 9TJ. 1pm to 3pm, Thursdays for 8 weeks **from 28/04/22. Suitable for Entry 2 to Level 1**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

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

We always welcome suggestions so get in touch 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/>



**COMMUNITY
LEARNING**

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

Community Learning West

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					
*Introduction To Remote Learning Learn how to use Zoom, set up an email account with a safe password and staying safe online.	3hr workshop	25/04/22 Monday	1 session	Debra Howarth 07809658362 debra.howarth@cmtservices.co.uk	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
*Confidence In Employability This course covers personal skills and attributes, writing a good CV and cover letter, using different resources to search for jobs, preparing for an interview.	9.30am to 3pm	26/04/22 to 28/04/22 Tuesday to Thursday	3 days	Debra Howarth 07809658362 debra.howarth@cmtservices.co.uk	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
Level 1 Childcare	9.30am to 11.30am	26/04/22 Tuesdays		Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Face-to-face Hartcliffe Nursery School & Children's Centre BS13 0JW
Level 1 Health & Social Care Gain the skills and knowledge with this qualification to prepare to work across the health & social care sector with visits from local social care employers.	12noon to 3pm	28/04/22 Thursdays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Face-to-face St Anne's Park Children's Centre Lichfield Road BS4 4BJ Suitable for Entry 3 and above
Level 2 Award In Independent Advocacy Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings. Learn in a supportive group over 10 weeks plus a 4-week Introduction to Advocacy and gain a nationally recognised qualification. Laptops provided to help you learn. 1 to 1 support after the course to help you plan and take your next steps.	TBC	TBC	10+4	For more information Lucy Fieldhouse 07788353446 lucy.fieldhouse@bristol.gov.uk	Criteria – must be aged 19 or over and be a Bristol resident.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Level 1 Customer Service Award Gain a qualification, this course will help prepare you to work in a setting with customers.	TBC	TBC. COMING SOON	TBC	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	TBC a venue in North Bristol
IT Skills					
Get To Know Your Laptop A computer course for beginners. Learn how to navigate a laptop, send emails, make an application online, make Zoom calls and use the internet safely. Laptops and data may be available for learners on this course.	TBC	TBC	4	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	TBC a venue in North Bristol
Non Accredited Functional Skills, ESOL & Language					
ESOL Conversation Clubs	Various times			esolconversationclubs@bristol.gov.uk for more information check our website www.esolcc.org	Online using ZOOM Some Clubs also meet in person. See website for details
NEW ESOL Conversation Club	10am to 11am	Thursdays	In term time	esolconversationclubs@bristol.gov.uk for more information check our website www.esolcc.org	Face-to-face Shirehampton Job Hub Methodist Church Penpole Avenue Shirehampton Bristol BS11 0DY
ESOL For Everyday A course for beginner level to improve speaking, listening, writing and reading for everyday life.	12.15pm to 2.15pm	25/04/22 Mondays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Face-to-face Crofts End Church 1 Crofts End Road Speedwell Bristol BS5 7UW Suitable for Pre-entry to Entry 2
ESOL For Everyday A course for beginner level to improve speaking, listening, writing and reading for everyday life.	1pm to 3pm	28/04/22 Thursdays	8	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Face-to-face St Werburghs Community Centre Horley Road St Werburghs Bristol BS2 9TJ Suitable for Entry 2 to Level 1

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Brush Up Your English For Work Improve your written English for work, brush up on punctuation in formal writing. Gain confidence and improve your interview skills.	1pm to 3pm	25/04/22 Mondays	10	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Face-to-face Long Cross/Four Villages Children's Centre Long Cross Lawrence Weston BS11 0LP Suitable for Entry Level 3 and above.
Parenting And Family Learning					
Make Your Family Trip To A Museum Fun A Family Learning Course For Parents And Under 5s. Enjoy Fun Activities Together At Blaise Museum House And Estate.	10am to 11.30am	15/06/22 Wednesdays	4	Suzanne Gaffney 07887451776 Suzanne.Gaffney@Bristol.Gov.Uk	Face-To-Face Blaise Castle House Kings Weston Road BS10 7QS
*Triple P Parenting Triple P (Positive Parenting Programme), is as an 'evidence-based' parenting programme. This means, it's tried and tested and proven to work. Designed and created by clinical psychologist from Queensland University, Australia, Triple P has been running for over 30 years, and is used in countries across the world.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses and to register your interest.
*Boost Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses and to register your interest.
*Fussy Eating And Mealtimes For parents and carers looking to develop the skills and knowledge to support their children to learn healthy eating habits and to understand the family mealtimes.	TBC	TBC	6	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	This course will be delivered online. Please contact Jonathan Hope for more details and to register your interest.

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.

pre-start and start-up business support in South Bristol



A 2 hour workshop covering all the finance essentials you need to know to get started with your business idea.



SBES Drop-in Info Sessions



Join the School for Social Entrepreneurs, Princes Trust, YTKO & Knowle West Media Centre for these free online info sessions.

- March 24th
- April 28th

Both sessions are 1-2pm.



STRONG FOUNDATIONS

pre-start and start-up business support in South Bristol



No qualifications necessary - if you have an idea for a business that helps people or planet and you're in South Bristol you can apply!



South Bristol Social Enterprise Support with the SSE Finance essentials for start-ups

25th May 2-4pm
Windmill Hill City Farm
BS3 4EA





Employment support for Parent Carers

Are you looking for term time only opportunities? Do you care for a child with additional needs? Would you like to find flexible training or employment?

Carers Support Centre can offer you one-to-one tailored support to help identify your needs and create a supportive action plan that will help you reach your goals.

Some of the support available:

- Creating or updating your CV
- Job application support
- Signposting to local training courses
- Support to find flexible job vacancies
- Interview preparation
- Signposting to other relevant services



“Carers Support Centre really got my situation of being a parent carer but also that I’m a person with ambitions and goals which need to be fulfilled. They gave me the confidence to realise that just because I need part time hours, it doesn’t mean I don’t have valuable skills and talents to offer any employer!”

Find out more

If you are aged 16+, unemployed and live in South Glos, Bristol, BANES or North Somerset we could help you. To find out more or to make a referral please contact us on: employment@carerssupportcentre.org.uk



Carers 1
Direct & Co



View PDF controls



COMMUNITY
FUND



European Union
European
Commission



Considering a career in childminding?

**Become an early years
professional and run a
rewarding business
from home**

Bristol Childminding Network
The heart of quality home-based childcare



FILWOOD BROADWAY COMMUNITY STREET AUDIT



Living Streets, the UK charity for everyday walking, is holding a Community Street Audit to find out what you think about walking around Filwood Broadway, what works well, and what can be improved. Living Streets is working in partnership with Bristol City Council.

We would like to hear from people who live in, work in and visit the area. There are a few ways to get involved:

Monday 11 April 10.30-12.00

In-person: Join us at the Community Centre and a walk in the area. Book via: <https://filwoodcsa.eventbrite.co.uk>

Monday 11 April 18.30-19.30

Online: Join us via Zoom. To book follow the link below: <https://filwoodonline.eventbrite.co.uk>

Complete a survey:

<https://www.surveymonkey.co.uk/r/filwood>

Closing date Friday 15 April

For any questions call or text Laura 07730760054 (also happy to take bookings this way)

HARTCLIFFE & WITHYWOOD COMMUNITY STREET AUDIT



Living Streets, the UK charity for everyday walking, is holding a Community Street Audit to find out what you think about walking around Hartcliffe & Withywood, what works well, and what can be improved. Living Streets is working in partnership with Bristol City Council.

We would like to hear from people who live in, work in and visit the area. There are a few ways to get involved:

Tuesday 12 April 10.30-12.00

In-person: Join us at the Community Centre and a walk in the area. Book via: <https://hartcliffe.eventbrite.co.uk>

Tuesday 12 April 18.30-19.30

Online: To book follow the link below (We will use Zoom) <https://hartcliffeonline.eventbrite.co.uk>

Complete a survey:

<https://www.surveymonkey.co.uk/r/Hartcliffe>
Closing date Friday 15 April

For any questions call or text Laura 07730760054 (also happy to take bookings this way)

It pays to keep your community safe.

Help stop criminals selling drugs and exploiting people in Bristol.

If the information you give to our charity leads to a positive result such as someone being arrested and charged, or if it's of significant use to the police, we pay cash rewards from £100 to £1,000.

Please ask for a reward when you first contact us to be eligible.

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

crimestoppers-uk.org

© Crimestoppers Trust, registered charity in England & Wales (100687), Scotland (SC013790).

CrimeStoppers.

0800 555 111

100% anonymous. Always.

Help stop criminals selling drugs and exploiting people in Bristol. We pay rewards from £100 to £1000.

If the information you give to our charity leads to a positive result such as one or more people being arrested and charged, or if it's of significant use to the police you will be eligible to claim a reward.

If you wish to claim a reward:

You must ask for a reward code when you first speak to a call agent. If you make your report online, you must create a two-way communication with us.

If you create a two-way communication, you must make a written request for a reward code and then log back on 24 hours later to get the code. You will be asked to ring back 8 weeks after giving your initial information to find out whether there has been a positive result – you will need to provide your reward code.

We will then ask the relevant law enforcement agency whether there has been a positive result.

If there has been a positive result, you will be told that the amount of the reward needs to be confirmed by Crimestoppers' CEO.

On an agreed date, all you need to do is to go to a pre-arranged bank branch, quote your code and you will be given your cash reward. You will not be asked to sign anything or to provide any proof of your identity.

Ready to give information?

You can call us on freephone 0800 555 111 or fill out our online form any time and you will always be 100% anonymous.

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

crimestoppers-uk.org

CrimeStoppers.

0800 555 111

100% anonymous. Always.

Opłaca się dbać o bezpieczeńst wo swojej społeczności.

Czy wiesz, że nasza organizacja
charytatywna oferuje nagrody od 100 do
1000 GBP?

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

crimestoppers-uk.org

© Crimestoppers Trust. Organizacja charytatywna z statusem
pożarnej, społecznej odpowiedzialności.

CrimeStoppers.

0800 555 111

100% anonymous. Always.

**Pomóż powstrzymać przestępców
sprzedających narkotyki i
wykorzystujących ludzi w Bristolu.
Wypłacamy nagrody od 100 do
1000 GBP.**

Jeśli informacje, które przekażesz naszej organizacji charytatywnej, doprowadzą do pozytywnego rezultatu, np. aresztowania jednej lub więcej osób i postawienia im zarzutów, lub jeśli będą one w znacznym stopniu przydatne dla policji, będziesz mógł/mogła ubiegać się o nagrodę. Jeśli chcesz odebrać nagrodę: Musisz poprosić o kod nagrody podczas pierwszej rozmowy z agentem telefonicznym. Jeśli dokonujesz zgłoszenia online, musisz stworzyć dwukierunkową komunikację z nami. Jeśli utworzysz dwukierunkową komunikację, musisz złożyć pisemny wniosek o kod nagrody, a następnie zalogować się ponownie 24 godziny później, aby otrzymać kod. Zostaniesz poproszony(-a) o ponowne zadzwonienie po 8 tygodniach od podania wstępnych informacji, aby dowiedzieć się, czy wynik był pozytywny - będziesz musiał(-a) podać swój kod nagrody. Następnie zwrócimy się do odpowiedniego organu ścigania z zapytaniem, czy rezultat był pozytywny. Jeśli rezultat będzie pozytywny, zostaniesz poinformowany(-a), że wysokość nagrody musi zostać potwierdzona przez dyrektora generalnego Crimestoppers. W ustalonym terminie wystarczy udać się do umówionego wcześniej oddziału banku, podać swój kod, aby otrzymać nagrodę pieniężną. Nie będziesz proszony(-a) o podpisanie czegokolwiek ani o przedstawienie dowodu swojej tożsamości. Jesteś gotowy(-a), aby przekazać informacje? Możesz zadzwonić do nas pod bezpłatny numer 0800 555 111 lub wypełnić nasz formularz online w dowolnym momencie - zawsze zapewniamy 100% anonimowości.

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

crimestoppers-uk.org

CrimeStoppers.

0800 555 111

100% anonymous. Always.

Services and opportunities for young people



THE CITY **LEADERSHIP** PROGRAMME

Nominations now open for summer 2022
Go to bit.ly/BristolCLP





M32 Youth Groups @ BDP Summer 2022

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

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

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

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

0117 987 6009.



What is Fearless?

Fearless.org is the dedicated youth service from independent charity Crimestoppers

Empowering young people to speak up about crime by

- Promoting our unique service to speak up about crime 100% anonymously
- Raising awareness of what constitutes a crime
- Breaking down the barriers to reporting crime

What is Focus on Fearless?

Focus on Fearless is our youth engagement panel.

What does a Youth Panel member do

- Social media content creation
- Ideas for campaigns
- Opinions on local crime issues
- Ideas on how we can reach and engage with young people



Social media posts

We would really appreciate your help in spreading the word that applications to the Fearless Youth Panel are now open!

Below are suggested tweets/posts that you can use alongside our assets

1. Applications are now OPEN! Join the Fearless youth panel and help shape the future of fearless.org. To apply for this voluntary role check out their website. The closing date for applications is 5pm on the 24th April .
2. Fearless.org youth panel applications are now OPEN!
3. Fearless.org are looking for creative, confident, open-minded 13 – 17 year olds across the UK to join their youth panel! Apply today at Fearless.org
4. Calling all 13 – 17 year olds! Do you like to create social media content, have creative ideas for campaigns, opinions on local crime issues and know how best to engage with young people? Apply today to join Fearless.org youth panel!
5. Aged 13 – 17? Fearless.org need YOUR help! Join their youth panel and help them find new, creative ways to engage with teenage audiences about crime across the UK.

Please follow our [Fearless social channels](#) to support our Youth Panel application process and share our tweets and posts.

Twitter – [FearlessORG](#)
 Instagram – [Fearlessuk](#)
 Facebook – [FearlessAgainstCrime](#)
 TikTok – [Fearless.org](#)

Thank you!



Assets



Young people can apply by visiting our website
<https://www.fearless.org/campaigns/focus-on-fearless>

The social media assets being used to let young people know applications are open can be accessed via this link –

<https://we.tl/t-jEEqKeSNVl>

Please note this link will expire on 11/04/2022 if you require the assets after this date please email
Fearless@crimestoppers-uk.org



Are you Fearless?

How can you embed Fearless within your school, youth group, organisation or work place?

Fearless five top tips

- 1 Ask IT to add Fearless.org to the list of secure websites that staff and young people can access and add our homepage as an icon to all computer desktops/tablets
- 2 Visit our website Fearless.org and request FREE posters to display in your school, youth club etc
- 3 Follow us on Twitter @Fearlessorg and retweet our campaigns
- 4 Include information about our service within parent newsletters
- 5 Tell young people that our service is there for them



Any Questions?

Fearless@Crimestoppers-uk.org



@Fearlessagainstcrime



@Fearlessorg



@FearlessORG



@Fearlessuk



@FearlessORG



KOOTH April 2022 Newsletter

Please remind young people aged **11 – 18 in Bristol** that Kooth is available 24/7 online for wellbeing support and advice from our professionals as well as pre-moderated peer support. If you would like to book a refresher session for staff, assemblies for young people or to discuss other ways I can support you, please get in touch with me at rpotter@kooth.com

April is Stress Awareness Month

Click here for resources.

Other digital resources can be downloaded from our resource hub at promote.kooth.com

[Click here to view this month's resources](#)

Content on the **KOOTH** website this month includes:

What to do when the world feels unsafe

I'm coming out - I don't want the world to know

What's it really like to have to leave your home country?

Chill out: top 9 movies

Growing up with mixed heritage

Discussion Boards

Saturday 2nd April – Ramadan Mubarak

Ramadan starts today and we'd love to hear how you'll be marking this special month in the Muslim calendar.

Thursday 21st April – Our World and Our Wellbeing

To mark International Mother Earth Day, join our space and share the ways we can take care of our planet, whilst also looking after our own wellbeing.

The latest Kooth podcasts are on [Spotify](#) or Apple Podcasts,

*Let's talk about: **Marvel, Mental Health & Disability***

Join in for a new Kooth podcast featuring a former Marvel writer! From the X-Men to Daredevil and the Fantastic Four, Anne is sharing her thoughts and tips on superheroes, disability representations and how to create your very own character.

What to do When the World Feels Unsafe

Whether it's something in the news or something closer to home, this podcast is full of tips and advice from the Kooth team.

Giving Racism the Red Card

We talk to Seth from Show Racism the Red Card about his work with the charity, experiences with racism and hopes for the future.

The upcoming **Live Forums** in April for young people to access through **Kooth.com** are detailed below
Live forums can be found in the discussion boards on the website and start at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm

Monday 4th April – Technology: Top Tips for “switching off”

Join our live forum to share your top tips for turning off your tech.

Friday 15th April – Let’s talk about Autism

This weeks’ live forum is all about autism. Come and share your stories and maybe learn something new about neurodiversity.

Wednesday 20th April – Exams, getting prepared

Ahead of exam season, come and share your thoughts, worries and tips about how to prep for those upcoming tests.

Monday 25th April - Coping with: Panic Attacks

If you have any further queries, require resources or would like any other additional support you can contact me at rpotter@kooth.com

OUR OFFER

MARCH 2022

At OTR, we have loads of projects available. Here you can see everything we currently have on offer, with the age range that each project caters for in the top left hand corner. Want to find out more? Head on over to our website (otrbristol.org.uk) or get in touch for a chat!



FREQUENTLY ASKED QUESTIONS!

WHAT IS YOUR WAIT FOR 1:1 THERAPIES?

Our waiting times change all the time and depend on whether you would like to access 1:1 remotely or face-to-face. Speak with our Membership Team for up-to-date information. Also bear in mind some days and times are more popular than others, so the more availability you have the sooner we'll be able to find you a slot.

GROUPS MAKE ME NERVOUS. WILL I HAVE TO TALK IN FRONT OF EVERYONE?

No! There is no pressure to talk if you don't want to, and you have complete control over whether to have your webcam or microphone turned on in online sessions too. Groups often have shorter waiting lists than 1:1, so it's worth thinking about giving one a try.

WHAT IF I'M NOT SURE WHAT TO CHOOSE?

There is loads of information about our projects on our website, and we often post about them on our social

media too. If you're not sure which route is right for you, the Membership Team are here to help. You can give us a call on our Enquiry Line (0808 808 9120 - open Monday-Friday 2-5pm) or send us an email (hello@otrbristol.org.uk) and we'll be more than happy to chat about the different projects available and help you choose.

HOW DO I SIGN UP?

You can sign up to all of our projects over on our website by going to the page of the project you wish to access and pressing the 'Sign Up' button at the top. You'll then be given a short form to fill out and submit.

OTRBRISTOL.ORG.UK

FREQUENTLY ASKED QUESTIONS!

WHAT HAPPENS AFTER I SIGN UP?

If you've signed up for 1:1 Therapies, we'll get you put onto the waiting list and will next be in touch when we have a slot available for you.

If you've signed up for Mind Aid or Shameless, you will be sent an invitation to join the next available course. This may be shortly after signing up, or it may be after a little while if the current course is full or new dates haven't been announced yet.

Finally, if you've signed up for anything else the lead of the project will get in touch with you (most likely via email) to give you a little more information and help you access the group. This will then give you the opportunity to ask any further questions and express any worries or concerns that you have.

CAN SOMEONE SIGN UP ON MY BEHALF?

At OTR, we want you to have a choice about the support you access (if any at all) and also want to make sure we have your consent to work with us. Ideally we want you to be totally in control and sign up yourself. However, we understand that sometimes you may want some help with doing this - whether that's from a parent or a professional.

We'd encourage parents and professionals to only sign a young person up if they have expressed that they want to work with us. We have very high drop-out rates and a young person is more likely to engage and benefit from our services if they have been in control of these decisions and the sign up process.

If you have signed up on behalf of a young person and have used your own email, we may give you a call just to double check that the young person has consented before processing your information.

FREQUENTLY ASKED QUESTIONS!

WHAT ARE MY RIGHTS AT OTR?

At OTR, you have the right to:

Choice - you have the right to choose which support you would like to access, whether that's with us, another organisation or the choice not to access support at all.

Consent - accessing our support requires your consent. If you do not wish to work with us that is completely your choice and you won't be forced.

Confidentiality - what you talk to us about will not be shared outside of our organisation. The only exception to this is if we believe you or someone else may be at significant risk of harm. In this case, we would most likely need to tell someone but we wouldn't do this without talking to you about this first.

Complaints - finally, you have the right to complain if you aren't happy with something that has happened at OTR. You can do this by phone, email or by filling

out the feedback form on our website:
otrbristol.org.uk/feedback.

WHY DO YOU NOT OFFER 1:1 THERAPIES FOR 18-25?

Unfortunately we are not able to offer 1:1 Therapies for those over the age of 18 due to funding limitations. If we had the capacity to see anyone and everyone then of course we absolutely would. If you are over the age of 18 and would like 1:1 Therapies, you may want to have a look at the following organisations:

Vita Minds (vitahealthgroup.co.uk)
Help Counselling (help-counselling.org.uk)
Bristol Mind (bristolmind.org.uk)
Womankind (womankindbristol.org.uk)
Network Counselling (network.org.uk)



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

Young Advisors Board

We're looking for 16-25 year olds to join our new Young Advisors Board, which will advocate the views of young people and help inform and guide organisational decisions through monthly meetings. Topics covered will expand into all areas of OTR, including sustainability, representation, accessibility and an initial strong focus on race and equalities. Young people do not need to have accessed our services before, and travel costs will be reimbursed.

Starts 26th April 6-7:30pm and continues on the last Tuesday of every month.

Read more and sign up here: otrbristol.org.uk/young-advisors-board

Sailing

Sailing can be a great way to improve self-confidence and problem-solving skills, so we've partnered with All-Aboard Watersports to offer a coached sailing project for 16-25 year olds. Young people will be supported by All-Aboard's friendly and experienced instructors who will teach them the basics, develop their skills and tailor the activity to their ability.

Starts 28th April @ All-Aboard Watersports, Baltic Wharf, Cumberland Road, BS1 6XG

Read more here: otrbristol.org.uk/sailing

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

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-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**