



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



Community

BS3 Toddlers

**Weekly drop-in playgroup with
sessions suitable for all ages**

* term time only



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

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

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

No need to book. Just drop in.

All welcome.

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



Toddlers and Grandparents

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

** term time only*



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

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

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

No need to book, just drop in.

All welcome.

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

Children's Scrapstore – Winter Activities



January 2023 Events



Family Craft Session:
Winter Windows

Saturday 14th January 2023
10:15am - 11:45am

First adult and child £12,
each additional family
member £6 each.

Book now at: www.childrensscrapstore.co.uk/events



Super Saturday
in St Werburghs!
Saturday 28th January
2023

Join us at any of our three locations for all sorts of **FREE** family activities and fun on Saturday 28th January 2023! Look out for our posters and on our social pages for more information.



February
Half - Term
Activities
2023

Our February Programme is
now available for booking!

Space
Small Worlds
Robots
Animation
Games

For more information & to book:
www.childrensscrapstore.co.uk/events

SCRAPSTORE CHRISTMAS CLOSURE DATES:

WE WILL BE SHUT FROM 25TH DECEMBER 2022 5PM
REOPENING ON THE 3RD JANUARY 2023 10AM

MESSY PLAY RE-STARTS ON
TUESDAY 10TH JANUARY 2023



Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB
tel: 0117 908 5644 // email: events@childrensscrapstore.co.uk // charity no. 1008788



The Hideout

LPW will be providing free play sessions for children and young people at Teyfant Road, Hartcliffe, BS13 0RF

Opening Hours:

Wednesday: 3PM – 5PM

Thursday: 3PM – 5PM

Friday: 3PM – 5PM **(THIS SESSION IS FOR OVER 8'S ONLY)**

Age range: 8-13 years old, everyone attending must complete a registration form. Under 8's are welcome Wednesday and Thursdays but must be accompanied and supervised by a responsible adult (18+)

Our team are all DBS cleared, qualified and experienced professionals who look forward to seeing you soon


For further information please contact Sammy on
07717816825 or sjimenez@lpw.org.uk

Head Office: Learning Partnership West House, Princess Street, Bedminster, BS3 4AG,

T: 0117987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk

Learning Partnership West CIC. A company limited by guarantee. Company Number 2911928

Knowle West Alliance – Knowle Lights

A promotional poster for 'Knowle Lights'. The top features a string of colorful Christmas lights (pink, blue, yellow, green) against a dark green background. Below this, the word 'LIGHTS!' is repeated three times in large, white, outlined letters. The main body of the poster has a red background on the left and a photograph of a light display on the right. The red section contains text about a 'WINTER WALK' and 'DROP IN' events. The photograph shows a festive light display with a circular sign that reads 'FREE FESTIVE FUN' and lists event details. The sign also mentions 'WINTER WANDER LIGHT WALK' on Thursday 15 December at 5:30 PM at Filwood Community Centre, and 'FESTIVE FRIDAY CRAFTY DROP INS' every Friday at Broadwalk Shopping Centre from 10 AM to 4 PM.

LIGHTS! LIGHTS! LIGHTS!

WINTER WALK
JOIN LOCAL ARTISTS MEG AND CLAUDIA FOR A WINTER WANDER AROUND KNOWLE WEST'S EPIC CHRISTMAS LIGHTS!

MEET US FROM 5:30PM AT FILWOOD COMMUNITY CENTRE ON THURSDAY 15 DECEMBER FOR A FREE HOT CHOCOLATE BEFORE SETTING OFF FOR A WINTER WANDER AT 6PM - ACCESSIBLE TO ALL
PING US AN EMAIL TO RESERVE YOUR FREE SPACE AND TALK THOUGH ANY ACCESS NEEDS - KNOWLELIGHTS@GMAIL.COM

DROP IN
TO THE OLD NEWSAGENTS (OPPOSITE GREGGS) AT BROADWALK SHOPPING CENTRE ON FRIDAYS FROM 10AM - 4PM FOR A BREW, SOME YULE LOG, CHRISTMAS CRAFTS AND TO SHARE MEMORIES, STORIES AND PHOTOS OF KNOWLE WESTS LIGHTS!

IF YOU HAVE PREVIOUSLY HELD LIGHT DISPLAYS AND DON'T ANY MORE, IF THIS IS YOUR FIRST YEAR, YOUR LAST YEAR, OR YOU ARE A LIGHT SUPER FAN - WE WOULD LOVE TO TALK TO YOU!

FREE FESTIVE FUN
WINTER WANDER LIGHT WALK
THURSDAY 15 DECEMBER
5:30PM
@ FILWOOD COMMUNITY CENTRE

FESTIVE FRIDAY CRAFTY DROP INS
EVERY FRIDAY AT BROADWALK SHOPPING CENTRE 10AM-4PM



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



**HYPHA
STUDIOS**

MEGAN CLARK-BAGNALL AND CLAUDIA COLLINS
f [KNOWLELIGHTS](#) i [KNOWLELIGHTS](#) e KNOWLELIGHTS@GMAIL.COM

Brave Bold Drama – hARTcliffe FUNdays

hARTCLIFFE FUN DAYS

Spring 2023

JAN 15	FEB 19	MAR 19	APR 16
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HOW TO BOOK YOUR FREE SPACES:
Go to: www.bravebolddrama.co.uk/events
or ring 07866 654 968

FREE
but LIMITED CAPACITY so please book in advance!

doors open 11.15am
performances 11.30am-12.30pm

lunch available to buy 12.30pm-1.30pm

creative workshops 1.30pm-3pm

free take-home craft kits given out at 3pm

TRADITIONAL CHINESE LION DANCE

the discoverers

PLAYABLE INTERNATIONAL ART HEIST ADVENTURE!

SCI-FI THEATRE! ALIENS LAND!

(NOT SCARY) CLOWN SHOW!

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

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

Funded by Arts Council England
Produced by Brave Bold Drama
www.bravebolddrama.co.uk/events



FREE

for families
living in
BS13

HARTCLIFFE FUN DAYS

Morning shows start PROMPTLY at 11.30am.
Please arrive between 11.15am and 11.30am to take your seats!

SUNDAY 15TH JANUARY 2023

THEATRE: "The Discovery Lab" (11.30am-12.30pm)

A part-improvised sci-fi comedy. Help friendly aliens fix their broken spaceship! Performed by Brave Bold Drama

SCIENCE/ART WORKSHOP (1.30pm-3pm)

Explore beautiful and intriguing science experiments. No chemicals or naked flames! Led by Knapsack Productions



SUNDAY 19TH FEBRUARY 2023

DANCE: Traditional Chinese Lion Dance (11.30am-12.30pm)

Dancers wear a large lion head and dance energetically to traditional Chinese drumming and cymbals. Performed by the Chinese Lion Dance team from Bristol University.

CHINESE ARTS WORKSHOP (1.30pm-3pm)

Explore a range of traditional Chinese arts and crafts.



SUNDAY 19TH MARCH

THEATRE: "Friendly Ever After" (11.30am-12.30pm)

Brazilian theatre company Nos Three bring a visually funny story about how clowns make friends. Please don't worry, they aren't the scary type of clown!

CLOWNING WORKSHOP (1.30pm-3pm)

Work with Nos Three performers to try out some simple, fun European clowning games!



SUNDAY 16TH APRIL

THEATRE: "The Munch Mission" (11.30am-12.30pm)

Can you crack an international art heist mystery? Playable interactive theatre by Brave Bold Drama.

EXPLORING ART WORKSHOP (1.30pm-3pm)

Investigate famous paintings featured in the show through arts, crafts and music.



Please remember these are FAMILY ART events.

Parents & carers must remain present at all times. Workshop activities are for families to do together.

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

www.bravebold drama.co.uk/events

Bristol Refugee Rights – Early Years Project



Bristol Refugee Rights – Early Years Project

Spaces in Creche.

We currently have space at our Thursday creche for the children of Asylum Seeking parents and Refugees who have been given status within the last 2 years.

The creche runs at the Wellspring Surgery Creche at the Wellspring Settlement in Barton Hill.

The creche allows parents to access the services running at Bristol Refugee Rights Welcome Hall such as art, computer classes and cooking and as tasty free lunch.

Children need to be aged between 1 and 4 years old to attend the creche.

Parents will need to become members of Bristol Refugee Rights to access the service.

Parents can come along on any Thursday morning to the Welcome Hall between 10 - 12 to become members of Bristol Refugee Rights.

Here they can also learn more about the other services we offer such as;
Advice Drop in on Wednesdays from 10 -12pm – advice re asylum claim
And ESOL Classes on Wednesdays

Welcome Hall address -
Wellspring Settlement
43 Ducie Road, BS5 0AX

For referrers please email Alice Freedman, Early Years Project Manager
- alicef@bristolrefugeerights.org

Joining BRR



To get help from BRR, or join a class or other group, we need key information about you and explain what BRR is and how we work.

We ask all people using our services to follow these rules:

Membership agreement

- Treat everyone equally and with respect, regardless of race, religion, sexuality, gender, disability, age or ethnicity
- Do not come here if you have been drinking or taking drugs
- No violence, shouting or other forms of abuse
- No sexual harassment
- Do not steal

If you break these rules we may stop your membership and you may not be able to come to BRR.

If you see someone breaking these rules or someone makes you feel unsafe or unwelcome please tell us.

If you have children they should be in the Early Years space or with you at all times.

Member-led

We want to be led by you, our members. Join our Member Consultation Group, volunteer with us, give us feedback, or even join our board of trustees.

Volunteer-run

All our services are delivered by volunteers. They work for free to help others and learn skills. Let us know if you want to join the team.

We are an Independent Charity

Bristol Refugee Rights

Safety • Solidarity • Action for Change



We run services for asylum seekers and refugees to get the help they need. We use **early action** to avoid crises. This includes **empowering** our members to take action for themselves, building skills and confidence.

We are **anti-racist** and will not accept discrimination due to race, religion, sexuality, gender, disability, age, ethnicity nor any other type of bullying or harassment.

We want a society where refugees, asylum seekers and migrants are **welcomed**. A society where everyone's rights and entitlements are **respected**.

BRR is supported by AB Charitable Trust, Allen & Nesta Ferguson Charitable Trust, Bristol Charities, Bristol City Council, City Funds, The Community Justice Fund, The Critical Social Policy Fund, JJ Charitable, John James Bristol Foundation, J&M Britton Charitable Trust, Leonard Laity Stoaite Foundation, Lloyds Foundation, The National Lottery Community Fund, Nationwide Community Fund, Nisbet Trust, Paul Hamlyn Foundation, Quartet Community Foundation, Ryklow Charitable Trust, SC and ME Moreland's Charitable Trust, The Swan Mountain Trust, The Tudor Trust.

Registered Company no: 5669208 - Registered Charity no: 1126646

www.bristolrefugeerights.org

Services:

Helpline: 07526352353 10am-1pm Monday and Tuesday

Anyone can call the helpline. If no answer leave a message with your name and telephone number; we will call you back.

Call the helpline to get:

Advice: help with your asylum support, asylum accommodation or asylum case

Access to other BRR services including: classes, tech support,

Referrals to other organisations



Drop-in at Barton Hill Settlement, Main Hall: BS5 0AX

Wednesday 10am-12pm: Advice and information

- Short, face-to-face, advice and advocacy
- Health access, forms, scan documents, referrals and information
- We will book appointments for issues requiring more time
- Snacks and refreshments

Thursday 10am-1pm: Welcome Centre

- Hot lunch, snacks and refreshments
- Games, art space, barber, IT cafe
- English class assessments and information

Classes and groups

English classes: *join by assessment at Thursday drop-in*

- **Face-to-face:** beginner and lower-level classes, reading and writing class, conversation club

- **Online:** advanced classes in small groups and 1-2-1 classes

Other classes: *ask staff for information about other classes, including: computers, exercise, cooking, art*

Early Years and Family Support: *for BRR members' families with young children*

Creche sessions: you can leave your children while you go to English class on Wednesday or drop-in sessions on Thursday

Family support: help with accessing support for your children

Speak to a member of staff to access early years help.

Online/remote:

Whatsapp info group: *ask staff to join*

Online Welcome Centre: weekly Zoom call for a chat

Tech support: *ask staff for info*

We can help if you have no phone, no data/top-up, or need help getting online.

Pride Without Borders: support group for LGBT+ asylum seekers. Call the helpline or ask a staff member how to join

Bristol Cycling Centre



-  betterbybike.info/bristolcyclingcentre
-  Bristol Cycling Centre
-  [bristol_cycling_centre](https://www.instagram.com/bristol_cycling_centre)
-  [BrisCycleCentre](https://twitter.com/BrisCycleCentre)



Our sessions at Bristol Cycling Centre

Rock up & Ride - Ride freely around our track with a wide range of cycles available. Our cycle instructors are on hand to assist if needed.

Learn to ride - Adult or child, learn to ride a bicycle with the help of a parent/carer and the support of our cycle instructors.

Cycle Skills - Develop your skills such as steering, braking and gears with our cycle instructors' support.

Family Cycling - Cycle together as a team. Grow in confidence as a family in our traffic free environment.

Disability session - Enjoy a ride around our track with one of our cycles, including a wide range of inclusive cycles.

Rusty Bikers - Adult only session. Get your confidence back and get back cycling with the help of our friendly, knowledgeable Bikeability instructors.



DISABILITY

If you identify as disabled these sessions might be for you, we aim to create a welcoming space that boosts confidence.

 betterbybike.info/bristolcyclingcentre



CYCLE SKILLS

Build upon new skills practicing braking, gears, steering with the help of our instructors. This session is a follow on from Learn to Ride.

🌐 betterbybike.info/bristolcyclingcentre



LEARN TO RIDE

This session is for children and adults who are learning to ride. All ages are welcome as it's never too late to learn. It can also be a great opportunity for parents and children to learn about the joy of cycling together.

🌐 betterbybike.info/bristolcyclingcentre



ROCK UP & RIDE

This session is open to all ages to ride together as a family, with a friend and/or supporters, or as a lone rider.

🌐 betterbybike.info/bristolcyclingcentre



FAMILY CYCLING

This session is open to all ages, connections and relationships to enjoy cycling together. Our instructors can help you learn to cycle as a team.

🌐 betterbybike.info/bristolcyclingcentre



RUSTY BIKERS

Are you new to cycling? Want to learn to ride as an adult? Or maybe not ridden for years and wanting to practice somewhere safe? Get your confidence back and get cycling with the help of our friendly, knowledgeable Bikeability instructors.

🌐 betterbybike.info/bristolcyclingcentre

Life Cycle UK

Life Cycle UK has many different projects to help make cycling accessible for all. Here are a few of the services we offer:

- **Cycle Buddies:** A 1:1 session with trained volunteers who will help you navigate roads and cycle paths in your area. They will help plan routes to your work, the doctors or to friend's and family to build your confidence as a solo cyclist. Sessions are free and you can book up to 5
<https://www.lifecycleuk.org.uk/cycle-buddies-local-bike-rides#Sign%20up>
- **Group Rides:** We offer a selection of group rides including '**Over 55s**' for those aged 55+:
<https://www.lifecycleuk.org.uk/over-55s>, '**Supported Leisure Rides**' usually shorter rides for those wanting to build their confidence cycling: <https://www.lifecycleuk.org.uk/supported-leisure-rides>, and '**Two's Company**' these are tandem rides for visually impaired people:
<https://www.lifecycleuk.org.uk/tandem-rides>
- **Youth Activities:** We also have free, drop-in cycling & bike maintenance sessions for young people aged 8 – 14 every week at Felix Road Adventure Playground (Tuesdays 3.30 – 5.30pm) / Southmead Adventure Playground (Wednesdays 3.30 – 5.30pm) / Lockleaze Adventure Playground (Thursdays 3.30 – 5.30pm) <https://www.lifecycleuk.org.uk/youth>

We are currently recruiting for volunteers across all services so drop us an email to inclusive-cycling@lifecycleuk.org.uk if you'd like to find out more.

Ella Paine

Inclusive Cycling Project Administrator

Unique Voice – Winter Holiday Programmes



Your child has been selected to take part in a FREE Unique Voice Winter Holiday Programme. All sessions will be running between Monday 19th - Friday 23rd December, 10:00 - 2:00pm daily.

Children will be taking part in performing arts activities, games, creative activities and art.
All activities designed to increase confidence, social skills and of course play!

- Children are provided with free lunches and snacks.
- Indoor and outdoor play in all sessions.
- Sessions are run by highly skilled, DBS checked and first aid trained Unique Voice facilitators.
- Available to children aged **5-11 years old**.

Places are extremely limited please refer as soon as possible.

Unfortunately at this time, we are unable to support children who require 1:1 support at our programmes.

Contact Becky at beckyh@uniquevoice.org or call 01174286240 for registration support.

This provision has been supported by funding from South Gloucestershire Council, Bristol City Council and the DfE



Where & When?

Fair Furlong Primary School,
Monday 19th - Thursday 22nd
December

May Park Primary School
Monday 19th - Thursday
22nd December

Minerva Primary Academy
Monday 19th - Thursday
22nd December

Southmead location TBC
Monday 19th - Thursday
22nd December

Coniston Primary School
Monday 19th - Friday
23rd December

Little Stoke Primary School
Monday 19th - Friday
23rd December

*Services and
opportunities
for
Parents/Carers*

Community Learning West – Free Courses in Bristol

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					
Hospitality And Tourism Project A programme of support for people who would like to work in hospitality and tourism. Will include 1-2-1 careers support, free industry specific courses and access to opportunities.	N/A	From September 2022	Dependent on client's needs	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	A blend of 1-2-1 support in person and over the phone, classroom and engagement activities For adults aged 19+ who are looking for work.
Food Safety Certificate Need a qualification in Food Safety? This course will give you one that lasts for 3 years.	TBC	TBC	2 days (Mon & Tues)	Lucy Fieldhouse 07788 353446 Lucy.fieldhouse@bristol.gov.uk	The Park Centre Daventry Road BS4 1DQ Suitable for Entry Level 3 and above
Introduction To Health And Beauty Learn new skills and explore qualifications needed for working in the sector.	9.30am to 11.30am	06/01/23 Fridays	5	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	The Park Centre Daventry Road BS4 1DQ Suitable for Entry Level 3 and above
* Employability Skills Develop your knowledge and skills and improve your confidence, motivation, communication skills in order to prepare you for employment or for a change in employment.	10am to 1pm	10/01/23 Tuesdays	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF
* Introduction To Health And Social Care Find out about the skills needed and get an overview of the sector. You will also reflect on your own personal attributes and how you would best utilise these in a job role.	10am to 1pm	12/01/23 Thursdays	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Horticulture L1 Award For anyone looking to start a career or learn skills in horticulture.	1.30pm to 4.30pm	12/01/23 Thursdays	13	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Blaise Nursery Kings Weston Rd BS11 0XF Suitable for Entry Level 3 and above
Level 1 Award In Health And Social Care. COMING SOON Gain the basic skills and knowledge and language with this first stage qualification to prepare to work across the health and social care sector and gain a recognised qualification.	TBC	January/February		Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Venue in North Bristol TBC
Outdoor First Aid A practical course which covers first aid emergencies outdoors. Includes the Level 3 Award in Paediatric First Aid.	8am to 5pm	18/01/23 Wednesdays	2	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	The Park Centre Daventry Road BS4 1DQ Suitable for Entry Level 3 and above
Introduction To Working In Schools A practical and friendly course to help you gain new skills to support children's learning and development in a school setting.	12.30pm to 2.30pm	18/01/23 Wednesdays	10	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Quaker Centre Champion Square Bristol BS2 9DB
*Level 1 Passport To Enterprise And Employment Develop the skills you need for gaining employment or becoming self-employed.	TBC	24/01/23	TBC	0117 914 5472 admin@c-cbed.com	CCBED St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ
*Employability 101 – Boss That Job! Want personalised support in a group setting to land your dream job? This course is for you. Create your own CV, submit awesome applications and be super confident in interviews.	10am to 12.30pm	25/01/23 Wednesdays	6	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Emergency First Aid At Work. COMING SOON 6-hour course with certification.	TBC	January/February		Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Venue in North Bristol TBC

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employment Support Course With One Front Door Supporting learners to explore 'next steps' and prepare for progression onto further training courses and employment.	9.30am to 2.30pm	07/02/23 to 09/02/23 inclusive	3 days	For information, contact Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk For careers coaching and to book your place, email: Individuals – One Front Door	For job seekers aged 19+ and in receipt of means tested benefit Suitable for Entry Level 2 and above
*Introduction To Volunteering In The Community Want to put that community spirit to use? Or volunteer to get that dream job? This introduction course is for you. Hear from our volunteers and how it's changed their life.	1pm to 3pm	15/02/2023 Wednesdays	3	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Non-Accredited Functional Skills, ESOL & Language					
ESOL Conversation Clubs Free, drop-in speaking classes for ESOL students to practise in a nice and friendly atmosphere.	Various times	Ongoing from Sept-Jul (term time only)	ongoing	Aggie esolconversationclubs@bristol.gov.uk	Everyone's welcome! Various locations across the city plus ZOOM classes available. For more information, please visit our website www.esolcc.org
ESOL Assessment Day Free opportunity to have your English level assessed (up to L2) and to find out about ESOL learning opportunities in your area.	10am to 12noon	05/01/23 Thursdays	1 day with potential for further study	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	Faithspace Redcliffe BS1 6PB All welcome however places will only be offered to those who meet eligibility criteria.
*Somali Community Read And Write English Course See contact details for more information.	9.30am to 11am	05/01/23 Thursdays	10	Ayan Jama 07858348214 ayan.jama@ach.org.uk	Central Bristol
*Somali Community Read And Write English Course See contact details for more information.	11.15am to 12.45pm	05/01/23 Thursdays	10	Ayan Jama 07858348214 ayan.jama@ach.org.uk	Central Bristol

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
*ESOL Conversation Class Designed to help learners to gain confidence in everyday life including work, school and in the community. Assessment and enrolment day on 09/01/23.	11am to 1pm	09/01/23 Mondays & Fridays	8	0117 914 5472 admin@c-cbed.com	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ
Brush Up Your Maths Improve your maths skills for home or work. This course will lead to a maths Functional Skills course in April.	12.45pm to 2.45pm	12/01/23 Thursdays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Werburgh's Community Centre Horley Rd BS2 9TJ
ESOL For Everyday Build your skills and confidence in speaking and using English for everyday use.	9.30am to 11.30am	13/01/23 Fridays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Hillfields Community Hub Thicket Rd BS16 4EH Suitable for Entry 1 to Entry 2
*English For Confidence In Communication Improve your confidence in speaking English, to help you get into work and get involved in your local community.	9.30am to 11am	13/01/23 Fridays	10	Rob Colborn 07928 515383 rob@somalicentre.co.uk	Bristol Somali Resource Centre 43 Ducie Road BS5 0AX Suitable for anyone lacking confidence in speaking English.
ESOL For Beginners For beginners who would like to improve their speaking, listening, writing and reading for everyday life.	9.45am to 11.45am	16/01/23 Mondays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Speedwell Methodist Church 378 Speedwell Rd BS15 1ES Suitable for pre-Entry to Entry 1
ESOL In Green Spaces Improve confidence in English language skills by exploring green spaces at Grow Wilder.	9.30am to 11.30am	01/02/23 Wednesdays	8	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Grow Wilder 181 Frenchay Park Rd BS16 1EL Suitable Entry 2 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Accredited Functional Skills /ESOL					
Maths Functional Skills Gain a functional skills Maths qualification.	9.30am to 11.30am	09/01/23 Mondays	Ends in July	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Long Cross Children's Centre Long Cross Lawrence Weston BS11 0LP Suitable for Entry 3 and above
English Functional Skills Gain a functional skills English qualification. Creche may be offered if needed.	1pm to 3pm	09/01/23 Mondays	Ends in July	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Long Cross Children's Centre Long Cross Lawrence Weston BS11 0LP Suitable for Entry 3 and above
English Functional Skills L1 Gain a functional skills English qualification.	9.15am to 11.15am	10/01/23 Tuesdays	11	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Pauls Children's Centre Little Bishop St BS2 9JF Suitable for Entry 3 to Level 1
English Functional Skills Gain a Functional skills qualification.	9.30am to 11.30am	10/01/23 Tuesdays	Ongoing	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Hartcliffe Nursery School & Children's Centre BS13 0JW Suitable for Entry 3 to Level 1
Maths Functional Skills Gain a Functional Skills qualification.	12.45pm to 2.45pm	11/01/23 Wednesdays	Ongoing	Helen Richards 07760990855 helen.richards@bristol.gov.uk	Hartcliffe Nursery School & Children's Centre BS13 0JW
ESOL Entry Level 2/3 Accredited course to develop skills in reading, writing, spelling, punctuation and grammar to achieve an Entry Level 2 qualification.	10am to 12noon	12/01/23 Thursdays	11	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Werburgh's Community Centre Horley Rd BS2 9TJ

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Confidence & Aspirations, Health & Wellbeing					
Healthy Eating On A Budget Gain skills and knowledge on preparing healthy meals from scratch plus improved maths and new budgeting ideas.	12noon to 2.30pm	16/01/23 Mondays	6	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Speedwell Methodist Church 378 Speedwell Rd BS15 1ES Suitable for Entry 3 and above
*Find Your Strengths Feeling a bit stuck but have dreams to achieve? This course gives people the confidence and clarity to make positive changes in their lives.	10am to 12.30pm	25/01/23 Wednesdays	6	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Mindfulness And Relaxation Learn about and experience the benefits of exercise, me time and the power of breathing for when life gets too much.	10am to 12noon	15/02/2023 Wednesdays	3	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Driving Theory An opportunity to revise the Highway Code, develop study and revision skills and practise using online learning tools. Learners will develop the confidence to sit the Driving Theory Test.	9.30am to 2.30pm	17/02/23 & 24/02/23 Fridays	2	07436261835 info@mxccbristol.com	Malcolm X Community Centre 141 City Road BS2 8YH
ADDER Project A specialist support package for people with experience of the criminal justice and drug use. Includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help meet goals.	N/A	Dependent on time of referral	Dependent on client's needs	Lucy Fieldhouse 07788 353446 Lucy.fieldhouse@bristol.gov.uk Mike Allen 07788 232967 Michael.allen@bristol.gov.uk Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	A blend of 1-2-1 support in person and over the phone, classroom and engagement activities

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 our commissioned partners.**



FREE ESOL Assessment and Information Event

Want to find out your English level and hear about local ESOL opportunities?
Come to the ESOL English assessment and information event:

10am Thursday 5th January 2023
Faithspace, Redcliffe, BS1 6PB

Aged 19+ only. Those who are claiming a means tested benefit or have low educational qualifications will be prioritised.

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

**COMMUNITY
LEARNING**

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



Beginner's Woodwork Course

TBC Dates and Times – from January 2023
Redcliffe

- Join a FREE and friendly beginner's course to learn new skills and meet people
- Learn the basics of practical carpentry skills
- Help build raised beds for a local community garden
- Find out about further learning and career opportunities

bryony.sims@bristol.gov.uk

07721 512583

This course is aimed at adults aged 19+ with few or no formal qualifications



**COMMUNITY
LEARNING**

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



Health and Beauty

Friday 6th January - 10th February 2023

9:30am – 11:30am

The Park Centre, Daventry Road, BS4 1DQ

- Join a **FREE** and friendly beginner's course to learn new skills and meet people
- Learn the basics of practical skills such as hand massage and manicure
- Find out about further learning and career opportunities

Contact: bryony.sims@bristol.gov.uk

Phone: 07721 512583

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



**COMMUNITY
LEARNING**

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



NSPCC Online Safety Workshops for Parents & Carers

The NSPCC Online Safety Workshop for Parents & Carers can be delivered online or face to face and is tailored to meet the needs of the audience.

The workshop has some core content, which consists of general online safety information for parents and includes:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent
- Sources of help/support

In addition, we have content on the following topics:

- Gaming
- Grooming
- Livestreaming
- Mental health and well being
- Modelling good behaviour
- Online bullying
- Online challenges, hoaxes and scams
- Online dating
- Online friendships
- Online pornography
- Parental controls
- Persuasive design and screen time vs screen use
- Sharing nudes
- Social media

For a 30minute webinar/workshop, we suggest having the general presentation and a focus on 2 of the themed topics. For up to 5 themed topics the session is 1 hour. If you are interested in booking a workshop, please state which topics you would like us to include and some suggested dates/times.

Our workshops are delivered free of charge.

For further information or to book a workshop, please contact: parentworkshops@nspcc.org.uk



CREATIVE WRITING COURSE

for people aged 18+ living in BS13

8 free weekly evening sessions

Explore writing about your own interests in a relaxed, informal and supportive group

Create content that will be professionally recorded, edited and published as a free audio walk for Bristol Walk Fest in May 2023

Led by Brave Bold Drama, a Withywood-based, award-winning theatre and community arts company who specialise in new writing

Beginners welcome!

Wednesdays, 7pm–8.30pm

11th Jan – 1st Mar 2023

Campus Pool Skatepark cafe

Whitchurch Lane, Bishopsworth BS13 7RW

Book your space in advance of the first session by emailing hello@bravebolddrama.co.uk or ring 07866 654968



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

www.bravebolddrama.co.uk



HWV THE GATEHOUSE

NEWSLETTER

LATEST NEWS

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



SHORT COURSES INCLUDE

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

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

OTHER COURSES WE OFFER

MATHS AND ENGLISH COURSES

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

A COURSE FOR WORK AND LIFE

1-week course 2 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics. Gentle introduction to computers introducing emails, online searching, Dot Gov site and more.

PERSONAL DEVELOPMENT

Improve your confidence and learn to work more effectively with others. If you don't think you're quite ready to access training, education, or employment then our Personal Development courses are supportive, empowering, fun, and engaging.

COMPUTER COURSES

Accredited and recognised ICT qualifications from Entry 1 up to level 2, including Level 1 IT User Skills and ECDL, giving learners office skills as well as skills for life and sustainable employment.

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

WHAT'S ON @ HWV THE GATEHOUSE

Other things happening @ The Gatehouse Centre

A2A Youth Training



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

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

The Gatehouse Café

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

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

Everyone welcome!






The Gatehouse Nursery

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

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



The Community Farm – Growing Wellbeing



Growing Wellbeing: Restoring People and Place

Are you feeling socially isolated and/or experiencing mild depression, low mood, anxiety or stress?

Would you like to spend some time overlooking Chew Valley Lake on a working organic vegetable farm learning new skills and connecting with your wider environment and communities?

We are here for you. Our courses are free and transport can be arranged.

Open to all who live in the West of England administrative area: BaNES, Bristol and South Gloucestershire.

Lakeside Wellbeing

Therapeutic mindfulness, movement and creativity programme, 10am-3pm on Mondays. Six-week course starts on 9th January 2023.

Run by our longstanding wellbeing partner, Ecowild, this six-week course will support your physical and mental health through nourishing practices for body and mind in a beautiful setting.

Email Emily emily@ecowild.org.uk, call her on 07812 155659 or register on ecowild.org.uk/book-now

Wild Steps



Therapeutic conservation programme, 11am-3pm on Thursdays. Six-week course starts on 9th February 2023.


One-off Wild (Fri)Days 2023: 27th January, 17th February, 24th March

Slow down with nature-based mindful activities that encourage a sense of connection with the world and aid relaxation. Learn skills in practical nature conservation to help wildlife flourish here at The Farm and at home. Choose from the full course or one of our one-off Wild Days, redesigned as refuelling sessions, providing a boost to mood and general wellbeing.

Email Jason wildsteps@thecommunityfarm.co.uk or call him on 07878 925642

thecommunityfarm.co.uk

 TheCommunityFarm  thecommunityfarm





the
community
farm.co.uk

Not part of the Growing Wellbeing programme, but may also be of interest!

Events at The Community Farm

Wassail - 5th February 1pm-3pm

As the earth begins to come out of its winter slumber, come and wake up the apple trees at The Farm!

Come and gather around the fire, to toast and bless the orchard trees, and learn traditional Wassail songs with folk singer-songwriter Susanna Waters (no talent or experience necessary, just enthusiasm!). You'll also have the opportunity to make yourself a fabulous Wassail crown and shaker to take home and fat balls to hang off our trees for our birds to enjoy!

thecommunityfarm.co.uk



TheCommunityFarm



thecommunityfarm

Women's Gardening for Wellbeing

Women's Gardening for Wellbeing

Connection to Nature through Autumn and Winter

When? Every other Tuesday: **Dates:** September 20th/October 4th and 18th/November 1st, 15th and 29th/December the 13th 2022.

Time: 10.30am - 1.30pm

Where? Inns Court Community Garden, Inns Court Community and Family Centre
1 Marshall Walk, Knowle West, Bristol, BS4 1TR

How to get there: Bus routes: **M1** - Inns Court Avenue stop, **91** - Thurston Road stop, and **76** - Hengrove Leisure Park stop. Free car park next to the centre. The garden is located at the back of the community centre - you can get in through the cafe or via the rear car park accessed from Inns Court Avenue. Please contact us if you have access needs or support with transport costs.



What? Gardening, growing and harvesting vegetables, crafts, cooking and sharing food, feeling good and being outdoors!

Who is it for? This is an inclusive space for anyone who identifies as a woman. All equipment provided. Please let us know if you have any access or dietary requirements.

To find out more please contact us by phone or email:

Phone: 07927 358548

Email: 4otoutdoors@gmail.com

Instagram: @4otoutdoors

OTOutdoors is a Community Interest Company created by four registered Occupational therapists; Lydia, Polly, Sara and Simone. OTOutdoors is a therapeutic project founded on the belief that connection to nature is fundamental for health and well-being.



OTOutdoors CIC registered in England, no 13912564



Free Art, Cookery and Gardening Sessions at Redcatch Community Garden, Knowle, BS4 2RD

Make, Cook and Grow

Every Friday, 1pm-2.30pm

Are you unemployed and looking to develop confidence or gain new skills? If so, come to our programme of therapeutic art, cookery and gardening.

Gardening for Wellbeing

Every Thursday, 10.30am -12pm

Would you enjoy gardening to support your wellbeing? Come to our free weekly gardening group to support your wellbeing, enable you to meet people and enjoy being outdoors.

Art in the Garden

Every Tuesday, 9.30am-11.30am

Explore a variety of art-making techniques in a supportive, sociable and creative space.

Art Together - For over 55s Living with Dementia

Every Thursday, 1pm-3pm

An Art Therapy group you can attend with a partner/carer

To book your place, email heather@redcatchcg.com



Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



Worrying about money?

Support is available in Bristol



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: **5**)

See options **1 2 6**

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option **2**

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option **3**

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options **1 4**

Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for Housing Benefits/Universal Credit to help with housing costs. The Council also offers Council Tax Reduction and Discretionary Housing Payments for those struggling financially. You may also qualify for Local Support Payment, which supports people in crisis. All schemes will depend on your current circumstances. Find out more: www.bristol.gov.uk/benefits-financial-help

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? Each of these services offer free and confidential advice

BRISTOL CITY COUNCIL

The Local Crisis and Prevention Fund Grants towards food, clothing and household goods for people facing financial crisis

0117 922 4500 (Mon-Fri, 9am to 12noon)
www.bristol.gov.uk/lcpf

Help with options: 1 2

Welfare Rights and Money Advice Service
Information about disability and carer's benefits, including advice and assistance on claiming and challenging decisions
www.bristol.gov.uk/disabilitybenefits

Help with options: 2 6

SOUTH BRISTOL ADVICE SERVICES

General advice and specialist help with welfare benefits, debt, income maximisation and financial capability
01179 851 122 (Welfare Benefits & General)
01179 038 358 (Debt Advice)
www.southbristoladvice.co.uk

Help with options: 1 2 3 4 5 6

BRISTOL CITIZENS ADVICE

Generalist advice provider, including debt, welfare rights, housing and employment

0808 278 7957
www.bristolcab.org.uk

Help with options: 1 2 3 4 5

TALKING MONEY

Advice to anyone worried about money, covering debt, benefits and bills
0800 121 4511 or 0117 954 3990
www.talkingmoney.org.uk

Help with options: 1 2 3 4 5 6

NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal
0117 951 5751

www.northbristoladvice.org.uk
(Online Advice Tool for enquiries 24/7)

Help with options: 1 2 3 4 5 6

ST PAULS ADVICE CENTRE

General and specialist advice on debt, benefits and immigration issues for communities of St Pauls and East Bristol
0117 955 2981 | enquiry@stpaulsAdvice.org.uk
www.stpaulsAdvice.org.uk

Help with options: 1 2 3 6

AGE UK BRISTOL

Information and advice for people over 55 who live or work in Bristol and their carers
0117 922 5353
www.ageuk.org.uk/bristol

Help with options: 2 6

BRISTOL LAW CENTRE

Specialist legal advice & casework including housing & homelessness, welfare benefit appeals, immigration & asylum, family, mental health, employment & discrimination
0117 924 8662 | 0330 024 0389 (freephone)
mail@bristolLawcentre.org.uk
www.bristolLawcentre.org.uk

Help with options: 6

Other Support

CHAS Housing Advice Service Bristol
Legal advice on housing issues, including eviction, housing related debt and more
0117 935 1260 | advice@chasbristol.co.uk
www.chasbristol.co.uk

Shelter Bristol
Housing advice
03301 755 121 | home@shelter.org.uk
england.shelter.org.uk

1625 Independent People
Support for young people aged 16 to 25 facing homelessness
0117 317 8800 | www.1625ip.co.uk

The Home Energy Team: Centre for Sustainable Energy (CSE)
General advice on energy use in the home, staying warm & keeping on top of fuel bills
0800 082 2234 | home.energy@cse.org.uk
www.cse.org.uk/loveyourhome

WECIL
Disabled People's User Led Organisation offering advice to Disabled People. Specialisms include Disability Benefits (AA, PIP, DLA & ESA).
0117 947 9919 | navigators@wecil.co.uk

Other Support

Bristol Somali Resource Centre

Impartial information, advice, and guidance on a range of issues including welfare, housing, schools, and employment
0117 907 7994 | info@somalicentre.co.uk

Healthy Start Vouchers

To help buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under 4. Apply online:
www.healthystart.nhs.uk

Moneyhelper

Advice to help improve your finances
0800 138 7777 | 07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Great Western Credit Union

Offering affordable borrowing and safe savings accounts to help local people become better off
0117 924 7309 | www.greatwesterncu.org

Step Change

Debt charity offering debt advice and money management
0800 138 1111 | www.stepchange.org

Turn2Us

Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

For Migrants, Asylum Seekers and Refugees

Bristol Refugee Rights

Advice and support including help with your house, money or asylum claim. Contact by email, phone, text message or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter.
07526 352 353
advice@bristolrefugeerights.org
www.bristolrefugeerights.org

The Unity Project

Support to have NRPF condition removed if applicable and other support
www.unity-project.org.uk

Migrant Help

Independent advice and guidance to assist asylum seekers move through and understand the asylum process. Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK.
Asylum helpline: 0808 8010 503
ASCorrespondence@migranthelpuk.org
www.migranthelpuk.org (Webchat available)

Project 17

Advice on housing and financial options for families with children facing severe poverty/homelessness because they have NRPF
07963 509 044 | www.project17.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 08/10/21.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback





Keeping warm for less

Ways to keep out the cold if you can't afford to turn your heating up

Living in a cold home is bad for our physical and mental health. It can raise blood pressure, and lead to serious conditions such as strokes, heart attacks and pneumonia, as well as social isolation, sleep deprivation, depression and anxiety.

Those with an existing health condition are especially vulnerable, particularly those with physical conditions such as asthma, circulatory problems, diabetes and arthritis, and mental health issues.

It is recommended that you heat the rooms that you are spending most of your time in to between 18 and 21°C. This should help you to avoid damp and should ensure you are kept warm enough.

If you feel that you can't afford to do this, this factsheet will walk you through the best ways to save money on energy bills while staying warm.



We will talk about:

- 1 Heating just one room in the house.
- 2 Draught-proofing your windows, doors and floors.
- 3 Preventing damp and mould.
- 4 Wrapping up warm.
- 5 Using a heated throw, or a blanket or sleeping bag.
- 6 Staying active to warm yourself up.
- 7 Having hot food and drink throughout the day.
- 8 Finding warm places to go near your home.



In addition to doing what you can to save money, it's worth checking that you're getting all the financial support available. The government's Cost of Living Support service at helpforhouseholds.campaign.gov.uk/help-with-your-bills is a good place to start. And remember that billions of pounds of council tax support, pension credit and other welfare benefits go unclaimed each year, so it's worth having a benefits check to see if you're missing out on anything. A good place to do this online is entitledto.co.uk.

1 Prioritise one room to heat

Prioritise heating the room you're going to spend the most time in. The smaller the room, the cheaper it will be to heat. Most houses have a room which is usually warmer than others, and it may be sensible to choose this room. Rooms that get a lot of sun are often warmer.



Although gas and oil prices have risen, they're still cheaper than electricity. If you have a gas, LPG or oil boiler, it's cheaper to use this than a plug-in electric heater. Turn the radiators down in the rooms you're not going to heat as much, using the radiator valves.



Put a reflective panel behind any radiators that are on external walls. These reflect heat back into the room, reducing the amount lost to the outside. They can be bought cheaply online and in DIY stores, and will pay for themselves in one winter.



If you use plug-in electric heaters, place them away from windows and external walls. We advise against portable gas heaters as these are a fire hazard and can make homes feel damp.



If you have electric night storage heaters, turn them all down apart from the ones you're going to prioritise. See our factsheet (left) to find out more about how to use your night storage heaters. We also have one specifically on Dimplex storage heaters.



2 Get rid of draughts

It's important to make sure the heat you're paying for stays in the space you're heating. On average, 15% of the money someone spends on heating their home is lost to draughts.

Doors

- Keep all the doors in your home closed.
- Hang curtains over external doors.
- Cover keyholes and letter boxes.
- Use draught excluders or rolled up blankets to block gaps under doors. You can attach a draught excluder to the door so that you don't trip over it.

Windows

- Use self-adhesive draught-proofing strips to improve the seal of your window frames.
- Add curtain liners or blankets to existing curtains so they keep the heat in better.
- Close the curtains at dusk, and open them in the morning to let the sun warm the room.
- Don't let your curtains cover radiators. Tuck them behind if possible.



Floors and walls

- If you have uncarpeted floors, cover them as much as you can with carpets or rugs. This will be warmer on your feet.
- Draughtproof the room by filling in the gaps in your floorboards and skirting boards.

Placing furniture

- Move chairs and sofas away from external walls as sitting near them will be colder.
- Leave a gap of 6 inches or more between furniture and radiators to allow the heat to spread around the room.

See our factsheet on DIY draught-proofing for more tips.



See all our energy advice leaflets at www.cse.org.uk/advice-leaflets

3 Wrap up warm



- Wear thick, warm socks and slippers. Boot-style slippers work best as they cover your feet and ankles.
- Tuck your trousers into your socks or slippers to prevent cold air getting in.
- Wearing a hat, gloves, scarf or coat indoors may make you feel a bit silly, but it will definitely keep you nice and warm.
- Wear lots of layers (e.g. leggings, tights or long-johns under your trousers). This will keep you warmer than a single thicker layer.
- Some materials such as wool and fleece are very good at keeping you warm.



4 Move around

- Moving around generates internal heat, and this will help you to stay warm, so it's beneficial to break up periods of sitting down with periods of activity.
- Gently walking around your home or on the spot is best. If you do anything too strenuous, like star jumps, you'll sweat and this will cool you down.



Many people find going for a walk outside helps them to feel warmer when they get home, and is good for their mental health.

5 Use a heated throw, blanket or sleeping bag

- Heated throws only cost 2p an hour to use. That's just £3.36 a week, even if you have it on day and night. They cost around £50 to buy. But it'll mean you can turn your heating down which will save you money, and the throw will pay for itself within a month.
- Fluffy blankets or sleeping bags will also help you stay warm. While they don't work as well as a heated throw, you may own one already and they can be cheaper to buy.
- Putting an extra layer (fleece or blanket) under the duvet will keep you much warmer than laying a blanket on top of the bed. And warm pyjamas are great too!
- Other things that can keep you warm are heated pads, heated floor mats, electric blankets and microwaveable wheat bags. These all cost less than 2p per hour to use.



Heated throws are cheap, portable and safe to use. You can even unplug them and put them in the washing machine.

6 Make hot food and drinks

- Drinking hot drinks and eating hot food raises your internal temperature.
- It's important to have as many hot drinks and hot meals as possible throughout the day.
- To save energy, only boil the water you need and use a microwave where possible as this is the cheapest option for heating food and drinks.



7 Find warm spaces

- Many councils are making designated 'Warm Hubs', heated public places you can spend time in for free and keep warm. Even if there aren't any in your area, many churches, community centres, libraries and museums offer free entry and activities.
- Some community venues also offer cheap or free hot meals.
- Consider starting an informal rota with friends taking it in turns to go to each other's homes so you don't need to warm as many homes at once. You could even share a meal.



8 Prevent damp and mould

Damp causes houses to feel colder and is bad for your health. We produce a lot of moisture when we cook, shower and dry clothes. All this moisture has to go somewhere, and if it's trapped in your home, it'll cause damp and mould.

You can help your home stays dry and mould-free by:

- Keeping the doors closed and the windows open in rooms where you're showering, cooking or drying laundry, and use extractor fans if you have them.
- Keeping furniture away from walls to allow air to circulate.
- Cleaning mould off the walls to stop the mould spores from spreading.
- Where possible, drying your clothes outside. If you can't do this, use the fastest spin speed on your washing machine to get as much moisture out as possible before you hang them. Avoid hanging clothes on warm radiators because this increases the humidity in your home; instead hang them in a room with the door closed and window open.



For more information, see our factsheet on condensation, damp & mould.



St James Court,
St James Parade,
Bristol BS1 3LH
0117 934 1400
www.cse.org.uk
info@cse.org.uk
Charity: 298740
Founded: 1979

We're a charity supporting people and organisations across the UK to tackle the climate emergency and end the suffering caused by cold homes.

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire, Dorset, Berkshire, Hampshire and Oxfordshire.

Contact us:

PHONE 0800 082 2234
EMAIL home.energy@cse.org.uk
WEB www.cse.org.uk/loveyourhome
TWITTER @HelloCSE

Cost of LIVING

support booklet



OVERVIEW

The cost of living crisis is going to affect everyone. Every single one of us will feel it impact us somewhere in our lives – whether that's heating our homes, thinking about what we can or can't eat, or planning ahead for the future. For those who are already facing the toughest challenges within society – feeling marginalised and isolated, experiencing discrimination or inequality, finding that they cannot participate as easily in opportunities – this rise in the cost of living will exacerbate further those barriers. For some, this may be one crisis too many.

The VCSE (voluntary, community and social enterprise) sector in Bristol already provides essential spaces, services and programmes that focus on helping or empowering people in these situations. However, the VCSE sector is tired – really tired – after rising so expertly and with such innovation to the trials of the Coronavirus pandemic. People – staff, volunteers, trustees – gave so much of themselves to keep organisations going and to find ways to answer emerging needs at a time of intense societal change. The cost-of-living crisis is not allowing room for the decompression space that most people feel they need.

However, with further investment in the sector – involving many different types of resources – and by building on these excellent foundations with increased partnership working, the sector is ideally placed to expand, develop and respond to the cost-of-living crisis. Many of the answers to the challenges that lie ahead of us, as we as a community consider how to combat the economic problems ahead, are already there: the VCSE sector is providing these solutions.

This booklet brings together some of the resources for people or organisations that Voscur, working with key partner organisations, has identified. We encourage you to tell us more about what resources or information you need, and to contact us if you'd like to take part in shaping our understanding of working together to reduce the impact of this crisis.

- Rebecca Mear, Voscur CEO



FINANCIAL SUPPORT

MONEY

A £400 discount on energy bills, which you don't need to repay, is available to all households with a domestic electricity connection in England, Scotland and Wales via [The Energy Bills Support Scheme](#).

You can check your eligibility for any benefits via Bristol City Council's [benefits calculator](#).

For specific benefits, the below websites will show you how much you may be able to claim:

- [Bereavement benefits](#): 0845 606 0265
- [Carers allowance](#): 0845 608 4321
- [Child benefit](#): 0845 302 1444
- [Disability and sickness benefits](#): 0800 882 200
- [Housing benefit and council tax reduction](#)
- [Pension credit](#): 0800 991 234
- [Tax credits](#): 0345 300 3900
- [Jobseekers allowance \(unemployment benefits\)](#): 0800 055 6688

ADVICE

The following organisations offer guidance in navigating debt:

- [Citizens Advice Bristol](#)
- [North Bristol Advice Centre](#)
- [South Bristol Advice Services](#)
- [St Pauls Advice Centre](#)
- [Talking Money](#)

BROADBAND

Virgin Media offers low-cost Broadband for those on Universal Credit. [Eligible customers can get online for £12.50 per month on their new Social Tariff.](#)



WELCOMING SPACES



A Welcoming Space is a communal area where people can access cost of living support. These spaces provide a range of services, from foodbanks to activities, and have been set up in already-established spaces of connection within communities.

Welcoming Spaces are split into two tiers. Tier 1 spaces are 'community living rooms', where people can socialise, share resources and seek advice relating to the cost of living.

Spaces that fall into Tier 2 have more restricted opening times, and may have activities targeted toward a specific community.

All Welcoming Spaces are wheelchair accessible with an accessible toilet.

**CLICK
MAP TO
SEARCH**



FOOD

Food support is available to you from across the city.

[FareShare](#) offers two options for getting food – a paid for service with a FareShare Community Food Membership or the opportunity to collect free surplus food from your local supermarket through FareShare Go.

The [Feeding Bristol website](#) provides recipes and details of the [Holiday and Food \(HAF\)](#) programme, where children eligible for free school meals can get free food and take part in activities.

Visit the [Family Action FOOD Club website](#) to access food at a reduced cost.

Visit your local food bank websites for information on how to get food parcels if you're eligible:

- [North Bristol](#)
- [North West Bristol](#)
- [South and East Bristol](#)

[Local crisis and prevention fund](#) can make food bank referrals.



MENTAL health

Bristol Mental Health provides a range of NHS mental health support services including therapy, rehabilitation, dementia support, and wellbeing advice, also crisis support including Women's Crisis Centre, which provides a safe place for women in mental health crisis to stay.

VitaMinds is a talking therapy service designed to support individuals by providing the tools needed to get things back on track. It's a free service.

Bristol Mind is a local mental health charity offering information and signposting, counselling, and a telephone helpline. Also hosts a variety of mental health self help groups.



Off the Record provides mental health services, a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people.

Samaritans provides confidential non-judgmental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including thoughts of suicide.



EMPLOYMENT

One Front Door can help you find work and training. They give priority to unemployed residents. Call them on 0117 922 3440 from 9am to 5pm, Monday to Friday or email onefrontdoor@bristol.gov.uk.

Clean Slate Training and Employment supports people to manage their money better, find work (and better paid work) and get online.

Employment Plus by the Salvation Army can support with CV writing, interview skills, job searches, advice and guidance. They also have a training website that is free to access.

The Ways2Work Network is a community of employment support and training organisations sharing information about opportunities to help you find work.

The National Careers Service:

- gives advice and guidance on learning, training and work at all stages in your career
- helps you match your skills to potential new careers

Future Bright offers free, one-to-one coaching and support to help you take your next step at work.

Bristol Community Learning offers free courses to improve your confidence and skills for life and work, including:

- English
- maths
- digital skills

Thrive at Work provides free tools and resources, including free e-learning, to help create a mentally healthy workforce and mentally healthy workplaces.



HOMELESSNESS

Shelter offer support and advice with a range of housing problems including homelessness, evictions, renters' rights, repairs, and navigating the council housing system. They exist to defend the right to a safe home.

Citizens Advice are able to offer housing related advice.

Second Step are a mental health charity who also have homelessness services.

CHAS are a Bristol-based organisation that offers community-based housing advice, support and advocacy service and free, independent and confidential support to anyone in and around Bristol with housing issues, big or small.

Caring in Bristol have produced a Housing Support Handbook.

ARA can provide housing support for people struggling with substance misuse.

1625ip specifically supports young people, aged under 25, who are homeless or are (or deemed as) at risk of homelessness.

There are night shelters and advice for people currently rough sleeping.

Move in, Move on, Move up is a service from One Front Door for anyone with a history of rough sleeping or living in temporary or unsettled accommodation. They give one-to-one support to help people get a job and earn more money.





Food On
Our Doorstep

Bristol and the SW

Food On Our Doorstep

Good quality food at a low price

Family Action has launched Food On Our Doorstep (FOOD) clubs in Bristol and the SW to provide families with good-quality food at a low cost, while also reducing food waste.

It costs just £1 a year for your family to become a member. Once you've joined, you can purchase a bag of tasty food items **for just £3.50** every week (worth approximately £15).

To become a member you must live or work within 15 minutes of the club.

Where and when

- HARTCLIFFE CHURCH,
Mowcroft Road, BS13 0L
- Friday 10-12pm

Find out more

To find out more, please email
bristolfoodclubs@family-action.org.uk



www.family-action.org.uk

Family Action Registered as a Charity in England & Wales no: 264713.
Family Action Registered as a Charity in the Isle of Man no: 1206.

A poster for Redcatch Community Church's 'Winter Warmers' event. The top half has a white background with a red and orange gradient header. The bottom half has a red and orange gradient background. The text is in bold, sans-serif fonts. The event details are listed in a bulleted format. Contact information is at the bottom left.

**Redcatch
Community
Church**

Winter Warmers

Easing the cost of living crisis

- **Every Friday from 2nd Dec**
- **10am-4pm**
- **Cafe All Day - £1 an item**
- **Free Soup & Roll 11.30-1.30pm**
- **Classic Movie@2pm (bi-weekly)**
- **Knitting Circle@2pm**
- **Communal Work Space**
- **A Warm Welcome to All**

 Broadwalk BS4 2RB | redcatchcommunitychurch@gmail.com
www.redcatchcommunitychurch.co.uk

Redcatch Community Garden – Welcoming Spaces

Welcoming Spaces at Redcatch Community Garden

**REDCATCH COMMUNITY GARDEN
WELCOMING SPACES**

FREE

**AFTER SCHOOL DINNER
EVERY MONDAY**

Join us with your kids after school for a hot meal in our warm Canopy
Every Monday until 5pm

14th Nov 2022 - 27th Feb 2023
(over 10th & 26th December & 2nd Jan)
All welcome



**TEXT TO BOOK
07858 630507**
Or speak to staff at Roots Cafe

www.redcatchcommunitygarden.com



**REDCATCH COMMUNITY GARDEN
WELCOMING SPACES**

FREE

**COMMUNITY LUNCHES
EVERY TUESDAY**

Join us for a free lunch in our warm Canopy
12pm every Tuesday

1st Nov 2022 - 31 Jan 2023
(over 20th & 27th December)
Children welcome



**TEXT TO BOOK
07858 630507**
Or speak to staff at Roots Cafe

www.redcatchcommunitygarden.com



Knowle West Alliance – Welcoming Spaces

[Knowle West Welcome Spaces – The Knowledge](#)

Knowle West Welcome Spaces

Knowle West organisations have come together to offer a wide variety of free (or low cost) activities and drop-in warm welcome spaces this winter.

It is likely to be a tough time for many of us; this page will be an up to date space to find out about what's on and places to go.



Pick up a KW Welcome Spaces: Where To? Map and Whats on guide from the welcome spaces listed. On the back page you will find vouchers for FREE tea/coffee toast and light bites at The Park Centre on Daventry Road, Boing! Community Cafe on Marshall Walk and The Novers Social Club on Novers Park Road.

The Park Centre

Monday – Friday

8:30am-3.30pm Free tea/coffee and toast with voucher.

Book swap area, low cost tea, coffee and food menu

Boing! Community

Café at Inns Court

Community and Family Centre 9am-3pm

*Free tea, coffee and toast with voucher
Low cost tea, coffee and food menu*

Novers Social

Club Cafe Drop in 9-

11.30am Free tea, coffee and light bite with voucher

Follow the [Knowle West Alliance Facebook](#) and [Instagram](#) page for more updates and check out the [whats on](#) page to find out about other free and low cost events going on in the area.

MONDAY

Bristol Salvation Army, Padstow Road **10am-2pm** Everyone welcome, Free tea and coffee, food – employment plus service offering debt advice and support with employment, housing, training and benefits. Food bank available.

Filwood Library 11am-5pm a warm space to use the computers and borrow books

Knowle West Healthy Living Centre Drop in Tea and Toast 12-2pm Everyone welcome, Free wifi and information on where to get support if needed

[Knowle West Welcome Spaces – The Knowledge](#)

Knowle Methodist Church, Redcatch Road Free lunch Drop in – 11am-2pm (term time only)

Everyone welcome, An opportunity to cook together. An open space for warmth, share a soup lunch, have chat and a cup of tea.

Redcatch Community Garden, Redcatch Road Free After School Dinner – Until 5pm (14

November – 27 February) Excluding 19th, 26th December and 2nd January) Everyone welcome, text 07858630507 to book or talk to a member of staff at roots cafe.

TUESDAY

Novers Social Club Cafe Drop in 9-11.30am *Everyone welcome, Low cost hot food and drinks*

Redcatch Community Garden Community Lunch 12-1pm (excluding 20 and 27 December)

Everyone welcome, to book your space text on 07858630507 or speak to someone at Roots Cafe in the garden.

Knowle West Healthy Living Centre Art Ease 10am-1pm (Term time only) *Creative art group supporting people with mild – moderate mental health issues. £1 per session includes soup and toast. To make a referral to join the Art Ease Group please call 0117 3772255 Please be aware that there may be a waiting list.*

WEDNESDAY

Filwood Library 11am-5pm *A warm space to use the computers and borrow books* **Babybounce and rhyme** *Nursery Rhymes and songs with families and babies* **11.30am – 12 noon**

Knowle West Media Centre 10am-3pm Warm space drop-ins – (Term time only) *Everyone welcome Free tea and coffee, access to computers/ microwave to heat own food / phones / toilets, computer support, printer and family friendly creative activities*

Knowle West Healthy Living Centre Art Ease 10am-1pm (Term time only) *Creative art group supporting people with mild – moderate mental health issues. £1 per session includes soup and toast. To make a referral to join the Art Ease Group please call 0117 3772255 Please be aware that there may be a waiting list.*

South Bristol Childrens Centre Welcome Wednesday 1-3pm Welcome Wednesday (The first Wednesday of Every Month) The next one is the 7 December. *Find out more about the children's centre and services, advice and guidance on offer.*

St Barnabas Church Foodbank 12:30-2pm *Referral only – via the Help Through Hardship phoneline – 0808 208 2138*

[Knowle West Welcome Spaces – The Knowledge](#)

THURSDAY

Filwood Community Centre Rising High 9am-2pm Mens baking group baking bread and cooking and eating a hot meal together

Inns Court Family and Community Centre – Family Action Food Club 1-3pm Good quality food at a low price. Annual membership is £1 and the weekly shop is worth approx £10-£15 for just £3.50!

St Barnabas Church Coffee Morning 9:30am-2pm Everyone welcome free tea coffee, biscuits and conversation

FRIDAY

re:store Tea and Toast Craft Drop In 2-4pm Everyone welcome, join in with an optional craft activity, have a natter, eat toast and drink tea

Brislexic at Broadwalk – The Old Newsagents 10am-4pm Everyone welcome, A place to slow down, creative activities, free refreshments and snacks. share stories and talk about Knowle Wests Christmas Lights and be part of a community listening project

Filwood Library 11-5pm Borrow books and use the computers **Story Time and Craft** For children and families **11:30am**

Oasis Hub South Bristol Oasis Academy Connaught 11am -3pm Free Tea, toast and refreshments, wifi and chat

SATURDAY

Filwood Library – 10am-2pm A warm space to borrow books and use the computers

MONTHLY

THURSDAYS

Cook and eat together with the **Square Food Foundation** from 4:30pm to cook and from 6:30pm to eat

TO BOOK EMAIL
info@squarefoodfoundation.co.uk

Thursday 15
December

Thursday 19 January

SATURDAYS

FILMWOOD – Free family friendly film screenings at **Filwood Community Centre**

1pm (Arrival at 12:45pm)

Saturday 21 January

BS3 Community – Welcoming Space

Welcoming Space – The Southville Centre

- Open Monday to Thursday 8am to 8pm, Friday 8am to 6pm - Beaufey Road, Bristol. BS3 1QG
- Free tea and coffee from self-serve drinks station
- Seating with cushions and blankets, book swap / bookshelf
- (2) PC's available in the reception area
 - o Office Suite installed so people can use for letters / cv's etc
 - o Internet (safe browsing) enabled for online searches
 - (Children under the age of 16 need to be accompanied by an adult)
- Free resources / leaflets in leaflet dispenser – heating / financial / employment
 - o (monthly drop-in sessions supporting Cost of Living crisis – Thursday's – for more details contact jo.langford@bs3community.org.uk)





Welcome Space Wellbeing Groups

What are they?

Free, safe, non-judgemental spaces to talk about how the rise in the cost of living is affecting you. Open to everyone.

When & where?

Wellbeing Groups are running in Welcome Spaces around the city. Go to our website or scan the QR code below to find your nearest group.

Want to volunteer?

If you're interested in becoming a Wellbeing Group facilitator, please email: service@changesbristol.org.uk



changesbristol.org.uk

SCAN ME

Support for BS13

HWCPs COMMUNITY ROOM

@Symes Resource Centre
Peterson Avenue
BS13 0BE

Day	Activity and age group	Time
Monday	<ul style="list-style-type: none">• Crafty Card making (16+)• Social Action Group (12-16)	9:30-11:30 5:30-6:30
Tuesday	<ul style="list-style-type: none">• South Bristol Advice Drop in (16+)• Womens Step it up Group (16+)	10:30-12:00 12:30-2:30
Wednesday	<ul style="list-style-type: none">• Next Link Drop In• Art Ease (contact jenny.duffy@hwcp.org.uk)• Lego Legends Family session	10:00-12:00 1:00-2:30 4:00-5:30
Thursday	<ul style="list-style-type: none">• Knitting Needles (16+)• Time To Talk (13-16)• Shelter Drop In (every first thursday only)	10:00-12:00 12:30-3:45 4:30-5:30
Friday	Young Fathers Group	10:30-12:00

Space available for drop ins

Get in touch
if you would like to book the
community room for a group or
if you have any great money
saving advice or tips please feel
free to share them with us by
emailing
sarah.fowles@hwcp.org.uk

We have the following days & times
available to book for drop ins or
communitygroups

Tuesday 2:30pm - 5pm
Thursday 12pm-3:30pm
Friday 9:30am - 5pm



Winter Holiday Club



Free sessions on Monday 19 December
and Tuesday 20 December, 10am-2pm
for children aged 8-12 years

Cooking and Garden Crafts
Lunch Provided

For children who are eligible for Free School
Meals

Book via Eventbrite
<https://yhhwinterRCG.eventbrite.co.uk>



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD





Knit and Natter **Group**

Filwood Library
Wednesdays 1pm until 3:00pm
Knitting and crochet, no experience necessary!

Bristol Drugs Project – ROADS

Learning new skills and building up my confidence has helped me move on - life feels very different now

Contact Details

Want to get your journey started?

Refer yourself:
0117 440 0540

Not sure where to start? Get some advice:
Call:
0117 987 6000

Or
Drop-in:
(no appointment needed)

**No. 11, Brunswick Square,
Bristol, BS2 8PE**

Monday - Friday 9am - 5pm
Saturday 9:30am - 1pm

Bristol ROADS

Recovery Orientated Alcohol & Drugs Service

Whether you want to:

- Know how to reduce the risks if you take drugs or use alcohol
- Understand what choices you have available
- Cut down
- Stop completely
- Join therapeutic support groups
- Access individual support
- Join social support groups

We are here to support you.

Don't speak English?

Free translation and culturally accessible services.

More information here:
www.bdp.org.uk/culturally-accessible

Concerned about your drug or alcohol use?

ROADS is a group of organisations working together to provide free confidential advice and support.







Knowle West Media Centre – The Factory



JOIN OUR MEMBERSHIP COMMUNITY!



KEY MEMBER BENEFITS



Hire Kit

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



Co-working Space

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



Community, Events and Socials

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



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



ABOUT US

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

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

COME AND FIND OUT MORE

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



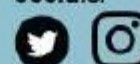
Email:
factory_members
@kwmc.org.uk

Website:
kwmc.org.uk/thefactory/

Phone:
0117 903 0444

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

Socials:



@kwmcthefactory



ARE YOU
STRUGGLING
WITH YOUR
CHILD'S
SLEEP?



If you are tired of second guessing what to do to support your child then get in touch today!

As an early years professional and certified sleep consultant using gentle and responsive techniques I can support your family with a tailored sleep plan to meet your child's individual needs and get your family the sleep it deserves!

Best of all, it all starts with a 20 minute mini consultation for free! scan the QR code to book yours today!

WWW.SLEEPEASYCONSULT.COM



*Services and
opportunities
for young
people*

LOCAL ACTIVITIES FOR YOUNG PEOPLE

MONDAY

VISIT

WWW.HWCP.ORG.UK

HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP

ACTIVITY

AGE

PLACE

TIME

THE CORE – YOUTH MOVES	11 TO 16	HARECLIVE YOUTH CLUB	6:00PM – 8:00PM
GIRLS FOOTBALL – ROBINS FOUNDATION WILDCAT SESSION	6 TO 16	HARECLIVE ACADEMY, MOXHAM DRIVE, BS13 0HP	4:30PM – 5:30PM
HCYP – HARTCLIFFE CLUB FOR YOUNG PEOPLE	8 TO 11	GATEHOUSE AVENUE, BS13 9AE	5:30PM – 7:30PM
SAFE SOCIAL ACTION FOR YOUNG PEOPLE	12 TO 16	HWCP COMMUNITY ROOM @SYMES BUILDING, BS13 0BE	5:00PM – 6:00PM
THE HIDEOUT	8 TO 13	TEYFANT ROAD BS13 0RF	3:00PM – 5:00PM
JODIE HANCOCK ACADEMY OF DANCE AND FITNESS –DREAM TEAM S	4 TO 11	GATEHOUSE CENTRE, BS13 9JN	5:00PM – 6:00PM
JODIE HANCOCK ACADEMY OF DANCE AND FITNESS – SUPREME STREET	4 TO 11	GATEHOUSE CENTRE, BS13 9JN	6:00PM – 7:00PM
BEAVERS	6 TO 8	SCOUTS HUT, BISHPORT AVENUE BS13 9LW	6:00PM – 7:30PM



LOCAL ACTIVITIES FOR YOUNG PEOPLE TUESDAY

ACTIVITY	AGE	PLACE	TIME
MULTI SPORTS	6 TO 16	HARECLIVE ACADEMY MOXHAM DRIVE, BS13 0HP	4:30PM – 5:30PM
THE CORE – YOUTH MOVES	8 TO 11	HARECLIVE YOUTH CLUB	4:00PM – 6:00PM
CLUB ADAPT	10 TO 16	HARTCLIFFE CLUB FOR YOUNG BS13 9AN	6:00PM – 8:00PM
HEART OF BS13 – GREEN INFLUENCERS	10 –14	THE ROUNDHOUSE, BS13 0DA	4:30PM – 5:30PM

VISIT
WWW.HWCP.ORG.UK



HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP





LOCAL ACTIVITIES FOR YOUNG PEOPLE WEDNESDAY

ACTIVITY	AGE	PLACE	TIME
WICKETZ CRICKET SESSION	8 TO 16	MERCHANTS ACADEMY SECONDARY SCHOOL	4:30PM – 5:30PM
JUNIOR BOXING AND MULTI SPORTS	6 TO 12	MERCHANTS ACADEMY JUNIOR SCHOOL	4:30PM – 5:30PM
ROBINS DISABILITY FOOTBALL SESSION	8 TO 18	BRIDGE LEARNING CAMPUS	5:00PM – 6:30PM
LEGO LEGENDS	FAMILIES	HWCP COMMUNITY ROOM @SYMES BUILDING, BS13 0BE	4:00PM – 5:30PM
THE HIDEOUT	8 TO 13	TEYFANT ROAD BS13 0RF	3:00PM – 5:00PM
CUBS	8 TO 10	SCOUTS HUT, BISHPORT AVENUE, HARTCLIFFE, BRISTOL BS13 9LW	7:00PM – 8:30PM

VISIT
WWW.HWCP.ORG.UK



**HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP**





LOCAL ACTIVITIES FOR YOUNG PEOPLE THURSDAY

ACTIVITY	AGE	PLACE	TIME
HCYP – HARTCLIFFE CLUB FOR YOUNG PEOPLE	12+	HWCP COMMUNITY ROOM @SYMES BUILDING, BS13 0BE	6:30PM – 8:30PM
JODIE HANCOCK ACADEMY OF DANCE AND FITNESS – CHEER SPARKLES	4 TO 10	GATEHOUSE CENTRE, BS13 9JN	5:00PM – 6:00PM
JODIE HANCOCK ACADEMY OF DANCE AND FITNESS – EXTREME SAS	10+	GATEHOUSE CENTRE, BS13 9JN	6:00PM – 7:00PM
TIME TO TALK AND C- CARD – DROP IN	11+	HWCP COMMUNITY ROOM @SYMES BUILDING, BS13 0BE	4:30PM – 5:30PM
THE HIDEOUT	8 TO 13	TEYFANT ROAD BS13 0RF	3:00PM – 5:00PM

VISIT
WWW.HWCP.ORG.UK



**HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP**





LOCAL ACTIVITIES FOR YOUNG PEOPLE FRIDAY

ACTIVITY	AGE	PLACE	TIME
THE HIDEOUT	8 TO 13	TEYFANT ROAD BS13 0RF	3:00PM – 5:00PM
ROBINS JUNIOR FOOTBALL	6 TO 12	HARECLIVE SCHOOL, MOXHAM DRIVE, BS13 0HP	4:30PM – 5:30PM
ROBINS SENIORS FOOTBALL	12 TO 16	BRIDGE LEARNING CAMPUS, BS13 0RL	6:00PM – 7:00PM
SCOUTS AND GUIDES	10 TO 14	SCOUTS HUT, BISHPORT AVENUE, HARTCLIFFE, BRISTOL BS13 9LW	6:30PM – 8:00PM

VISIT
WWW.HWCP.ORG.UK



**HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP**



The Prince's Trust and Iconic Steps present:

GET STARTED WITH FILMMAKING



Prince's Trust

16-30? Not in education, training or employment?

Interested in learning about the Filmmaking industry & developing your skills?

During this **FREE** weeklong programme, you will:

- Have the opportunity to create a short commercial film with the support of an industry professional
- Have the chance to meet new people and improve your confidence
- Access 1:1 support post programme to help you with your next steps



- › **Taster Day** : 12th January 2023
- › **Main Programme** : 16th -10th January 2023
- › **Location**: The Prince's Trust centre. Bristol

SIGN UP TO FIND OUT MORE!

Email: tom.christensen@princes-trust.org.uk
harry.bates@princes-trust.org.uk

 **ICONIC STEPS**

GET STARTED IN MUSIC



Are you 16-25, based in Bristol and want to gain experience in song writing and music production? Our Get Started in Music course with Irene Taylor Trust could be for you!

On this **5 day programme** you'll:

- Learn songwriting & music production skills
- Build on your creative process and gain a Bronze Arts Award qualification
- Meet new people and other musicians and create music as a group
- Get music industry knowledge
- free lunch and paid travel
- Up to 6 months support, including further online training

To find out more & sign up:

Contact Sakiya Ghalib at
sakiya.ghalib@princes-trust.org.uk

OR call 0800 842 842



DATES FOR YOUR DIARY:

- Taster Day: 19th January 23
- Course Dates: 23 to 27 January 2023



This programme is free of charge to young people aged 16 - 25 not currently in full time work, training or education, living in the Bristol area



Prince's Trust





The Wheels Project KARTS PROGRAMME



Karts is a one term course during which you will: -

- Disassemble and reassemble a go kart.
- Strip and reassemble its engine.
- Learn basic workshop health and safety.
- Learn how to use workshop tools and equipment.
- Have an introduction to mechanical skills.
- take part in informal discussion groups.
- take part in an end of term karting session at Teamsport, Avonmouth



The Wheels Project Limited, 31-32 Bonville Road, Brislington, Bristol. BS4 5QH

Registered Charity No: 1081236

www.wheelsproject.org.uk

The Wheels Project is a Bristol City Council Approved Alternative Education Provider



The Wheels Project Car Servicing PROGRAMME



Car Servicing is a one term course during which you will: -

- Have an introduction to servicing a car.
- Learn about brakes, the cooling system, wheels and tyres.
- Learn about MOTs.
- Learn about bodywork checks.
- Take part in an 'Inspect to Buy' exercise.
- Take part in informal discussion groups.
- Take part in an end of term karting session at TeamSport, Avonmouth



The Wheels Project Limited, 31-32 Bonville Road, Brislington, Bristol. BS4 5QH

Registered Charity No: 1081236

www.wheelsproject.org.uk

The Wheels Project is a Bristol City Council Approved Alternative Education Provider

The Wheels Project – Community Vehicle Programme



The Wheels Project COMMUNITY VEHICLE PROGRAMME



Community Vehicle is a three-term course during which you will: -

- Helping to select the Community Organisation to support.
- Attending an on-site visit at the chosen Community Organisation.
- Renovate a vehicle up to MOT standard.
- Learn basic workshop health and safety.
- Learn how to use a wider range of workshop tools and equipment.
- Driving and the law.
- Prepare for employment.
- This course can be used towards the Duke of Edinburgh Award.



The Wheels Project Limited, 31-32 Bonville Road, Brislington, Bristol. BS4 5QH

Registered Charity No: 1081236

Tel: 0117 971 1711/email: david@wheelsproject.org.uk

www.wheelsproject.org.uk

The Wheels Project is a Bristol City Council Approved Alternative Education Provider

South Bristol YOUTH ZONE

COMING
SOON!

A brand new youth space
is coming to South Bristol.
Offering amazing activities
7 days a week.

**WE
NEED
YOU!**

We need young people aged 13-19 to visit
other youth zones around the UK. Then help
us design the new space - and name it!

**MORE
INFO**

- Call / Text / WhatsApp: 07595 197436
- Email: denise.clifford@youthmoves.org.uk

SCAN TO SEE A YOUTH
ZONE IN ACTION





LGBTQ+ GROUP

To sign up email:
sign.up@youthmoves.org.uk or message
07565243266 with your name, date of birth,
contact number (If you have one)
we will then reply with location, time/date of
the session.
Age Range
13-18 year olds

 **Youth
moves**

For more info at :
www.youthmoves.org.uk



11-19 YEARS OLD?

We help young people with
all kinds of things like ...



Message us for confidential
advice and support and to
chat with a School Nurse.



ChatHealth



Send a message to:
07312 263093

The service is open on Monday to Friday from 9am-5pm.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

Service provided by

Sirona
care & health

Off The Record – Mental Health Support



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

Our Current Offer



Project Updates

Resilience Lab for Young Adults

This course provides an in-person opportunity for young people aged 16-25 to develop their emotional literacy and discuss their mental health in a supportive environment, engaging as much as they feel comfortable to.

These workshops are based on research that our personal levels of resilience (the ability to bounce forward after a setback) are not fixed, but learnable. Resilience Lab will help young people understand and adapt their responses to stress through games, discussions and activities, as they develop mechanisms for getting out of the destructive cycle of negative thoughts and emotions.

For 5 weeks starting Monday 16th Jan, 4:45-6pm @ St Paul's Community Centre, BS2 8XJ

Read more and sign up here: otrbristol.org.uk/resilience-lab-for-young-adults

Art Works Creative Drop In

This is a great space for young people aged 11-25 to get creative. Each month we'll be working with a new material, but young people are also welcome to do their own thing and use any of the materials in the room that excite them! They'll be able to find out about all of the creative projects happening at OTR, as well as discuss any thoughts, worries or questions they may have. No sign up required – young people are welcome to just drop in!

Every Wednesday, 4:30-6:30pm @ 1-2 Perry Road, Bristol, BS1 5BQ

Find out more and sign up here: otrbristol.org.uk/art-works

Freedom

Freedom is OTR's LGBTQ+ youth programme, providing a safe and supportive space for those aged 13-25 who are LGBTQ+ or exploring their gender and/or sexuality. Freedom is an informative, fun and sociable space, where young people can build community and friendships. We have a variety of different activities, games and workshops, decided by our members, in collaboration with a group of friendly and supportive LGBTQ+ youth workers.

Information about dates, times and locations will be available after sign up.

Read more and sign up here: otrbristol.org.uk/freedom

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

TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER



My Wellbeing Checklist

- ☒ Am I getting enough sleep?
- ☒ Am I eating well?
- ☒ Am I drinking enough water?
- ☒ Am I connecting with friends?
- ☒ Am I moving my body enough?

A Few Ideas To Get You Started

- ☆ [Make food together](#) → ['Christmas For Kids Recipes'](#)
- ☆ [Go outside in nature or for a walk](#) → ['The Best Walks in Bristol'](#)
- ☆ [Play a game together](#)
- ☆ [Do something creative](#) → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ [Listen to music](#)
- ☆ [Watch a film](#)
- ☆ [Move - dance, play, run do yoga, play 'Statues'](#)
- ☆ [Grow a plant](#) → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ [Rest and sleep](#) → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ [Enjoy a bedtime story](#) → ['How to Read a Bedtime Story'](#)
- ☆ [Get some space](#) → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ [Self-care menu](#) → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ [Wellbeing action plan](#) → ['Wellbeing Action Plan'](#)

compiled & produced by



BOOSTING YOUR MOOD



Apps

- ★ [Calm Harm](#)
- ★ [Clear Fear](#)
- ★ [Calm](#)
- ★ [Headspace](#)
- ★ [DistrACT](#)



Happiness Chemicals and How to Hack Them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN THE PAIN KILLER

- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising

Managing Challenging Thoughts & Feelings

- ★ ['How to Deal with Unhelpful Thoughts'](#)
- ★ ['Reframing Thoughts - Take That Thought to Court'](#)

Christmas Resources

- ★ ['Tis The Season To Be Lonely' zine](#)
- ★ ['Looking After Your Mental Health Over the Holidays'](#)
- ★ ['Childline: Christmas'](#)

Coronavirus & Mental Health

- ★ ['Coronavirus and Mental Health'](#)
- ★ ['Help With How I'm Feeling'](#)



Community Children's
Health Partnership



Community Resources

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Withywood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)
- ☆ [Knowle West](#)



Alcohol & Other Drugs

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

Support For Parents/Carers

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



Community Children's
Health Partnership



If you're struggling...

- ★ **Kooth**
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ★ **Childline | 0800 1111 (7:30am-3:30am)**
Helpline and webchat where you can talk about anything that's on your mind.
- ★ **CAMHS Crisis Line | 0800 953 9599 (24/7/365)**
Immediate emotional and practical telephone support for young people aged 17 and under.
- ★ **Papyrus HOPELINEUK | 0800 068 4141 (9am-midnight)**
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ★ **Samaritans | 116 123 (24/7/365)**
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ★ **Shout | Text 'SHOUT' to 85258 (24/7/365)**
Text support for young people in crisis.
- ★ **Campaign Against Living Miserably | 0800 58 58 58 (5pm-midnight)**
Helpline and webchat providing information and support.
- ★ **The Mix | 0808 808 4994 (3pm-midnight)**
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



creativeyouthnetwork.org.uk



bdp.org.uk



otrbristol.org.uk

North Bristol

- ☆ <https://southmead.org/event/youth-sessions-at-the-ranch/2022-12-14>

The Ranch offer sessions at their adventure playground across different weekday evenings. A good chance for children to keep social over the christmas holidays!

- ☆ <https://southmead.org/gym>

The Greenway Centre Gym in Southmead offers concession rates for young people. Classes can also be accessed via move GB

- ☆ [Where are all the warm banks in the South West? These are the confirmed locations so far | ITV News West Country](#)

Warm Banks where people can go to spend time in the warm, talk to others in the community and learn some useful energy saving tips.

- ☆ [welcome | Bristol NW Foodbank \(bristolnorthwestfoodbank.org.uk\)](#)

North Bristol food banks.

- ☆ [Help For SEND Parents & Carers - Wednesday 18th January 2023 - The Mead BS10 - Southmead News & What's On](#)

Support in January for parents of children with SEND.

- ☆ [Lawrence Weston Farm Outdoor Activities](#)

Call Helen on 0117 9381128 or email Helen@lwfarm.org.uk to find out more.

- ☆ www.ebe.org.uk/welcomingspace

'What's on at Ebenezer Church' November/December, lots of weekly and one-off events



South Bristol

Community support

- ☆ <https://www.knowlewest.co.uk/welcomingspaces/>
Knowle West Welcoming Spaces
- ☆ [Hartcliffe and Withywood Community Partnership - Home | Facebook](#)
Hartcliffe and Withywood Community Partnership
- ☆ [BS3 Community – improving the lives of people living in BS3 and the surrounding area](#)
Improving the lives of people living in BS3 and the surrounding area
- ☆ [Oasis Hub South Bristol - Home | Facebook](#)
Oasis Hub South Bristol
- ☆ [Bristol-FOOD-Clubs-2022.pdf \(family-action.org.uk\)](#)
Bristol Food Clubs 2022
- ☆ [Welcome - South Bristol Children's Centres \(southbristolcc.org.uk\)](#)
South Bristol Children's Centres

Children & Youth Services

- ☆ [Youth Moves](#)
Youth clubs and 1:1 support around South Bristol
- ☆ [Community Youth Clubs - Young Bristol](#)
Youth Clubs South Bristol
- ☆ [Advice | Creative Youth Network](#)
- ☆ [Children and Young People - Bristol Drugs Project \(bdp.org.uk\)](#)

South Gloucestershire

- ☆ [Directory of Services for Children and Young People](#)
- ☆ [BBC Club Finder](#)
Join a sports club
- ☆ <http://www.integramusic.co.uk/>
Learn a musical instrument or join a music group
- ☆ <https://wearencs.com/>
Volunteer and help out in your community
- ☆ <https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=GvGHCpq5i7s>
Volunteer and help out in your community

East & Central Bristol

- ☆ [What we do — Barton Hill Activity Club](#)
Barton Hill Activity Club
- ☆ <https://eastsidecommunitytrust.org.uk/whats-on/>
East Side Community Trust
- ☆ <https://www.eastonccc.org.uk/calendar/2022/12/10/winter-fair>
Easton Community Children's Centre Winter Fair



Community Children's
Health Partnership



NHS
Avon and Wiltshire
Mental Health Partnership
100% Trust