



Families in Focus Bulletin - Part 1

Information and Support for Families, Parents/Carers and Young People

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

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

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

Part 2 – Information and Support for Practitioners

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

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



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Things to do for Parents and families

**We are South Bristol
Children's Centre and we are
here to support you. Please
take a look at what we
provide and the information
on our Web page**

**@southbristolcc.org.uk It
could be, that we might help
you to find an answer or a
service that you need right
now**



SUPPORT & SERVICES

Available Through SBCC

**Breast Feeding
Support**

Baby Massage

**community
Learning**

**Support for Domestic
Violence**

**Parenting
Groups**

**Stay & Play
Groups**

**one to one
Support**

**Speech &
Language**

**And Many
More**

**At our 5 children's centre's you can expect to
receive a friendly and welcoming team. They
will offer advice on your families individual
needs and let you know what help and advice
is available through our services.**



BUGGY WALK AND TALK!

A short walk with a friendly group, time to chat and enjoy the fresh air.

Starts Tuesday 1st February at
Redcatch Park 11.15 – 12.00

Tea & Coffee after at
Redcatch Community Garden
12.00 – 12.45



Take a small step towards getting more active. Ask at the Children's Centre for details. We're here to help you get started.
www.southbristolcc.org.uk Please call or text Tracey to book a space 07920 416161



BRISTOL

Group	When & Where	How To Book
Forest school Join Duane and friends for some fun and child-centred outdoor learning. Forest School offers opportunities for holistic growth, supports play, exploration and risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.	Monday 1:30pm -2:30pm @ South Street Park Bedminster Tuesday 1:30pm - 2:30pm @ Stockwood Children's Centre. Wednesday 9:30am -10:30am @the pod in Withywood park. Wednesday 1:15- 2:15pm @ the Bommie in Knowle	No need to book just turn up. Look out on your Children's Centre Facebook page for details.
Buggy Walks Join us for a buggy walk with a chance to meet other parents and carers, while getting some gentle exercise.	Tuesdays 11:15-12:00pm @ Redcatch Park, followed by an option to grab a free tea or coffee in Redcatch Community Garden.	Call Tracey from Knowle on 07920 416161 to book and check availability.
Baby Groups (5 to Thrive) Come along to one of our fun and interactive sessions to learn about the things you do every day that help your baby's growing brain! Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's, carers and babies. Group size are limited so booking by calling the children's centre is essential	Monday 10:00 -11 :00am @ Stockwood Children's Centre Tuesday's 9:30-10.30am @ Bishopsworth Children's Centre Tuesday's 1:30-2:30pm @ Bedminster Children's Centre Thursday 1:00-2:00pm @ Hartcliffe Children's Centre	Call Stockwood Children's Centre on 01173 533503 Call Bishopsworth Children's Centre on 01179 781028 Call Bedminster Children's Centre on 01173 746362 Call Hartcliffe Children's Centre on 01179 038633
Baby Sing and Sign- Making Music Come and join the fun with your under 1's. Enjoy rhymes and action songs with instruments for your baby to make and explore. A great way to start your day with a smile!	Friday mornings from 10:00 -11:00am @ Knowle West Nursery School BS4 1NN	Please text or call Tracey from Knowle on 07920 416161 to book and check availability



Group	When and Where	How To Book
Gym Tots Bring your active toddlers! Warm up to action songs, followed by time to climb, balance and jump on the equipment. Cool down with fun parachute game.	Friday 1:30-2:30pm @ St Bernadette's Primary School	Call Stockwood Children's Centre on 01173 533503
Baby Massage Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.	@ various venue's. Please contact the Stockwood team For further information in this area. Tuesday 1:30- 2:30pm @ Bedminster Thursdays 1:30 -2:30pm @ Bishopsworth Children's Centre	Call Stockwood Children's Centre on 01173 533503 Call Bedminster Children's Centre on 01173 746362 Call Deb on 01179 781028 or text/call her on 07795 953069
Young Parents Group We welcome parents who are 25 Yr's or younger. A great chance to make new friends with other families while the children enjoy activities and BOING soft play.	Thursdays 1:15-2:15 pm followed by soft play in BOING @ Inns Court Community Centre	Please text or call Tracey from Knowle on 07920 416161 to book and check availability.
Post Natal Support Group This six week zoom group is held once a term for first time parents, with babies under four months old from South Bristol. The group will help you to meet other new parents, go on buggy walks and have a What's App group and develop an understanding of Five to Thrive: brain development through talking, singing and playing.	Next group starting on Wednesday 9 th Feb running until 23 rd March 2022 Session time 1.30-2.30 pm	Contact Carole Theyer on 07880467039 for further info or to book a place.



Group	When and Where	How To Book
Boogie Disco Music, Disco Lights and Boogie! Move, and Groove with your children to the sound of all the fun party classics. Finish with your children exploring the amazing soft play equipment at Boing. A fun active to start your day!	Thursday 11:30 -12:15pm @ Inns Court Community Centre BS4 1TR	Please text or call Tracey from Knowle on 07920 416161 to book and check availability.
Wellbeing groups Mindful Mondays: A six week course for parents of under 5's which provides steps, activities and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax. Crèche available	Monday's 1-2.30pm @ Hartcliffe Children's Centre	To book call; Hartcliffe on 01179 038633 for Mindful Mondays
Breastfeeding Support We welcome expectant and breastmilk feeding families in the groups where we can offer information and support on all topics relating to breastfeeding. These include, starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding and stopping breastfeeding.	Monday 12:30- 2:00pm @ Bishopsworth Children's Centre Tuesday 9.30-11am @ Inns Court Community Centre, Knowle. BS4 1TR Thursday 1.00-2.30pm @ Bedminster Children's centre	Call Bishopsworth on 01179 781028 For inns court text or call Tracey from Knowle on 07920 416161. Call Bedminster on 0117 3746362 For further support look up 'Bristol Breastfeeding Mummies' on Facebook or Email: bristolbreastfeeding@bristol.gov.uk



Group	When and where	How To Book
Tots talking Find out how everyday activities can boost your child's talking skills, get ideas for simple toys and games you can make at home. Crèche available on request.	Thursdays 10 -11am @ Bedminster Children's Centre Next group starting on Thursday 3 rd March. Please contact speech and language by email to book a place.	Please email sirona.stearlyyears@nhs.net
Early years Speech and Language drop-in sessions Free advice for parents. Chat to one of our speech and language therapists about your child's Speech, language and communication development.	Wednesday's 9:30-12:30pm on zoom	Please Call 0300 1256279 https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family
Stay and Play. Stay & Play is a fun filled group for families with children aged 0 - 5. This space provides planned and age appropriate sensory activities and physical soft play areas, for you to play, learn, bond, explore and develop together.	Tuesday 9:15 – 10:15am @ Inns Court Community Centre BS4 1TR Tuesday 10:00-11:00 am @ Hengrove Leisure Centre BS14 ODE Wednesday 10:00-11:30am @ Bedminster Children's Centre Friday 10:00-11:00 @ Hartcliffe Children's Centre	For Inns court text or call Tracey from Knowle on 07920 416161 to book and check availability. Please call Stockwood Children's Centre on 01173 533503 Please Call Bedminster Children's Centre on 01173 3746362 Please call Hartcliffe Children's Centre on 01179 038633 as spaces are limited.



Group	When and where	How To Book
Food Clubs Food club offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20. The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club.	<p>Tuesday 9:15 -11:15am @Stockwood Children's Centre</p> <p>Wednesday 12:30 -2:30pm @ Freeling House, Redcliffe</p> <p>Thursday 1:00 - 3:00pm @ Inns Court Community Centre</p> <p>Friday's 10:00-12:00pm @ Hartcliffe Children's Centre</p>	<p>To register and for more information please contact the members of staff below or ask in your Children's Centre; Stockwood; Helen on 07920 416405</p> <p>Redcliffe Sharon on 07795 952596</p> <p>Inn's Court Duane on 07795 952961</p> <p>Hartcliffe 07880 151392</p>
Move together Let's get our bodies moving together in this fun physical activity session.	<p>Mondays 10:00 - 11:00am @ Faith space, Redcliffe</p> <p>Mondays 9:30 - 10:30am @ Ilminster Avenue Nursery school BS4 1BX</p>	<p>For Redcliffe contact Bedminster Children's Centre on 0117 3746362</p> <p>For Ilminster Avenue text or call Tracey from Knowle on 07920 416161</p>
<p>Please contact us at your local Children's Centre. We are the place where families can go to find the right service meet there needs and connect with others.</p>	<p>We are funded by Bristol City council to provide a wide range of high quality family support and services for babies and pre-school children and there families within the local community. These groups run during the school term only and are free and friendly! (voluntary donation towards resources are welcome)</p>	<p>Facebook https://www.facebook.com/SouthBristolChildrenCentreHub/</p> <p>Website - http://www.southbristolcc.org.uk</p> <p>Email - sbcc@bristol-schools.uk</p>



TOBACCO
FACTORY
THEATRES

FRI 8 – SAT 16 APRIL

FOR 3-7 YEAR OLDS & THEIR GROWN UPS!

Presented by Hammerpuzzle Theatre Company in
association with the Everyman Theatre, Cheltenham



THE
Owl
AND THE
Pussycat

A NEW ADAPTATION OF
EDWARD LEAR'S
NONSENSE POEM

The Owl and the Pussycat love each other very much,
they long for adventures in a land where they can be together,
and most importantly be accepted for who they are.

Join them to embark on the most wonderful journey, full of laughter,
discovery and celebration, as they sail away on a pea green boat to find a
place they can call home. A story of joy, friendship and acceptance – and
how life is so much more fun when you share it with the ones you love.

BOOK NOW AT
TOBACCOFACTORYTHEATRES.COM

Men's Space



Independence from
drugs and alcohol

***Come and talk to other likeminded people,
share experiences of how substance use
has impacted you as a father***

Every Tuesday 12.30—14.00

Starting 15th February 2022

**Filwood Community Centre,
BS4 1JP**

If you would like to
discuss how drugs and
alcohol have impacted
you and what support is
out there, contact Roads
Single Point of Access:

0117 440 0540





Creative Connections

Parents Creating Change

CALLING PARENTS:

Do you enjoy making artwork?
Would you like to connect with new people but have no childcare?
Would you like to improve services for all families?
Do you have something to say about parenting during and after the pandemic?

JOIN THE ART RESEARCH GROUP

Receive **ART PACKS** with amazing materials & creative activities around parenting & the pandemic.

Join a **SUPPORTIVE 5 WEEK GROUP** either **ONLINE** or **FACE TO FACE** to share your artwork & your experiences:
Creche provided

Tuesdays 09:45 - 12:00, 8th March - 5th April Wellspring Health Centre
Wednesdays 19:30 - 21:00, 9th March - 6th April online **Zoom** session

You will **CONTRIBUTE TO A CAMPAIGN** of billboards, posters & a policy paper written with the University of Bristol, promoting the needs & experience of under-represented families to local & national decision makers.

*'Great projects each week which helped me express what I felt'
'I was able to remind myself that I was not alone'*

If you are a single parent, from the global majority/ an ethnic minority, have a family member with a disability or live in an area of deprivation

WE WOULD LIKE TO HEAR FROM YOU!

Contact: Jude 0776 219 5202 jude.hutchen@wsb.org.uk

Wellspring Settlement, 43, Ducie Road, Bristol, BS50AX <https://wellspringsettlement.org.uk/> 01179556971
Wellspring Settlement is a company limited by guarantee, registered in England (no.5031499)
and a registered charity (no. 1103139)

COMMUNITY DROP-IN
KNOWLE WEST

CUPPA TEA AND CHAT



Including:

FREE Tools for Tea Workshop

Join us from 11am to make a start making your own tea-strainer and drink locally grown tea

Project made by artist Linda Brothwell with Knowle West gardeners.

KWMC★

Tuesday 8th February

10am-12pm

Novers Club, BS4 1RN

Tuesday 8th March

10am - 12pm

Inns Court Family

Centre, BS4 1TR

Tuesday 5th April

10am-12pm

Filwood Community



*Are you over 55 and isolated due to the pandemic?
Or do you know someone who is?*

Art Together at Redcatch Community Garden

Art Together is a small art therapy group for over 55s who have become isolated or lost confidence due to the pandemic. The group will be supportive and friendly. We will use art to reflect on feelings and experiences.

- Free to attend
- Starts Thursday 27 January, 1-3pm
- Runs for 6 weeks, then you can join an ongoing art & wellbeing group
- Initial phone call and individual session before you join the group
- Run by a qualified Art Therapist and a final year trainee Art Therapist
- In our large heated Canopy (safari tent)
- Covid safe
- You don't have to be good at art, just happy to explore the art materials

If you are interested please contact Jenny Clarke, Art Therapist:

Email: wellbeing.rcg@gmail.com, **mobile:** 07769 013243

Watch this space for hanging basket workshops, and further Art Therapy groups coming later in 2022!

SUPPORT HUB
for older people



Funded by



St Monica Trust



Bristol Girls Can, a project that aims to break down barriers to exercise and encourage women to have fun getting active, is springing into action with a new campaign.

The campaign, developed with a group of mums and staff from South Bristol Children's Centre, is reaching out to mums of young children in all areas of the city, inspiring and supporting them to take small steps to being more active.

The message of the campaign is start small and do what works for you - a walk around the block, 10 minutes hula hooping, or a kitchen disco while cooking the tea – it all counts, and it can be fun.

Laura (pictured), started jogging on the school run after being diagnosed with Type 2 Diabetes. Laura said: "At nearly 23 stone, I took the first step. I began to walk quickly, then jog, building it up slowly. My focus isn't about being slim, it's being healthy as well as having fun."

Bristol Girls Can is funded by Sport England and delivered locally by Bristol City Council's Public Health Team. Photos celebrating mums involved in the campaign and their stories are featured on a new website, alongside advice for taking that first small step.

Find out more and get involved by visiting www.BristolGirlsCan.co.uk and the Facebook community group www.facebook.com/BristolGirlsCan.

Feel Good Fridays

- *Finding wellbeing hard to find?*
- *Need a place to begin to think about it let alone do it?*
- *Come find it here at 'South Bristol's [Feel Good Fridays!](#) for any women wanting a couple of hours of friendly chat and a wellbeing activity thrown in. The group is run by its participants and is based at Hartcliffe children's Centre on Fridays 1pm-2.30pm term time.*
- *Contact the ladies on:
feelgoodfridays21@outlook.com*



Disabled Women Take Action



Join with others
to work towards
positive change
across Bristol.

Get involved:

DWTA@BristolWomensVoice.org.uk



funded
through



South
West



Things to do
for children
and young
people

TOTALLY FREE

theatre making course

FOR 13+ YEAR OLDS LIVING IN BS13

at Hartcliffe Club for Young People

GAIN A BRONZE ARTS AWARD QUALIFICATION

perform at Tobacco Factory Theatres

WEDNESDAY EVENINGS 5.30PM-7PM



Come to these **FREE** taster sessions to find out more about the **FREE** theatre making course for 13+ young people that's starting after February half term at Hartcliffe Club for Young People and running weekly on Wednesdays until June 2022.

The course will focus on theatre making, including design and other non-performance elements, and all young people will have the opportunity to perform at Tobacco Factory Theatres.

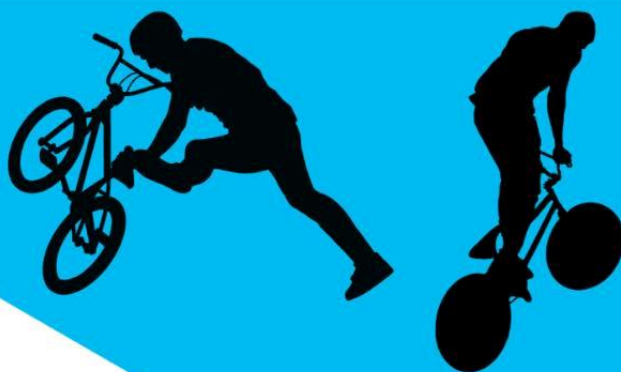
When they complete, the young people on this course will be awarded Bronze Arts Award, a nationally recognised qualification that will support future applications to further education, training or employment.

Come along just to ask questions, find out more, **NO** commitment at this stage!

CONTACT - gill@bravebolddrama.co.uk

Gill Simmons (she/her)
Artistic Director

Resident artist at Tobacco Factory Theatres



Hartcliffe BMX Half Term Events

Monday 21st - sports day event @ Merchants Academy 9am -3pm

Tuesday 22nd- Under 6's Session 10am-12pm

Tuesday 22nd- track open 1pm -3pm

Wednesday 23rd- rock up and ride 3pm-4.30pm

Thursday 24th - track open 1pm - 3pm



Hartcliffe Pump Track, Wilmott Park, Stillingfleet Road, Hartcliffe, BS13 0AA



Free

CONTACT US:



HARTCLIFFEBMX



HARTCLIFFEBMX@GMAIL.COM

Supported by Access Sport, HWCP and Avon & Somerset Police



ACCESS SPORT

COMMUNITY SPORTS DAY IN HARTCLIFFE

21st February 9am-3pm

**Merchants Academy
Secondary School, BS13 9AJ**

For anyone between the ages of 8-16

Sports:

Cricket (Wicketz Bristol)

Football (Bristol City Robins Foundation)

Boxing (Hartcliffe Community Boxing Club)

BMXing (BMX Club)





LPW's Half Term Sessions at...

THE BIG HIDEOUT!

ACTIVITIES, FOOD, FUN AND GAMES
MONDAY-THURSDAY 1-4PM.



THE BIG HIDEOUT, TEYFANT RD, BS13 0RF.
ANY ENQUIRIES CONTACT: 07771943325

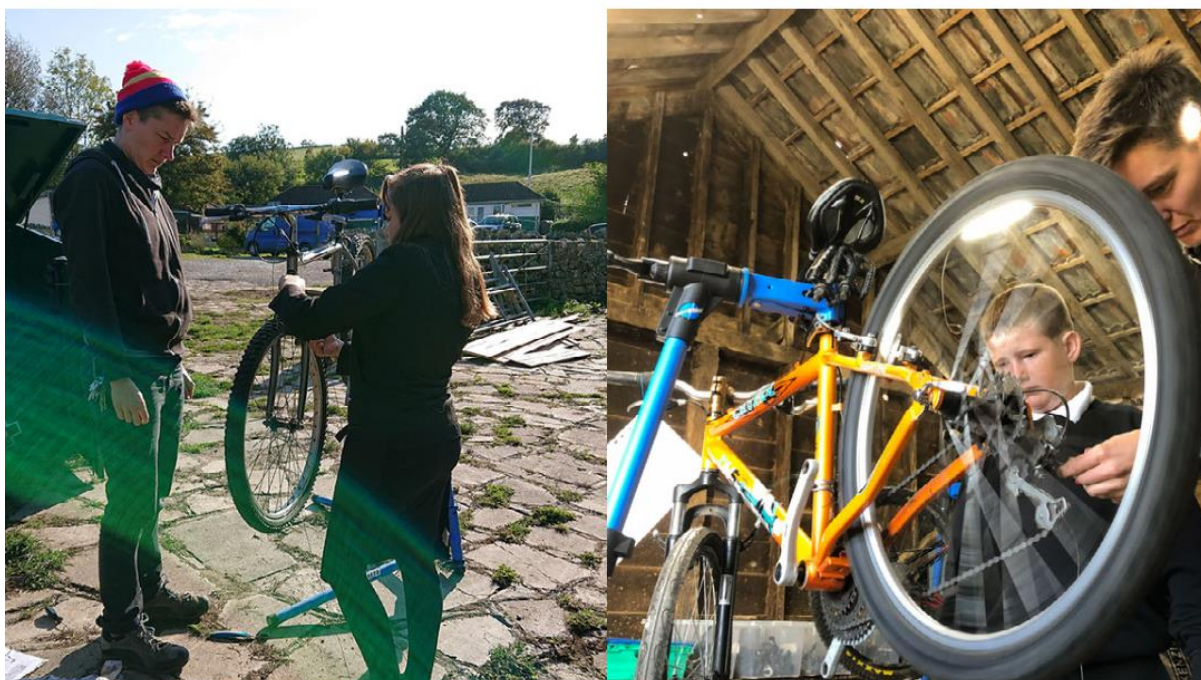
AGE RANGE: 8 YEARS +

Children under 8 years old are ALWAYS welcome, but must be supervised by a responsible adult at all times (18+).



BIKE MECHANICS

Repair 2 bikes over 6 weeks.
Keep one!



The Groves (BS13 0AF)
One hour per week on Tuesdays
For age 11 -25

Contact 07928249523/ info@fixxbikes.com for more info

Jump Studios KWMC programme for young people aged 10-18 y/o contact jumpstudios@kwmc.org.uk or call 07729238700 for more information!

All activities take place from 4.30 to 6pm at Knowle West Media Centre (Leinster Avenue, BS4 1NL) or KWMC The Factory (Unit 24/25 Filwood Green Business Park BS4 1ET).



Mondays: Control Alt Delete (for up to 16's)

Explore exciting tech activities, like coding robots and VR experiences, in our weekly sessions at Knowle West Media Centre!



Tuesdays: Maker City

An exciting STEAM programme for young people interested using creative technologies: bring your ideas and project to life at KWMC The Factory.



Wednesdays: Creative Hub and Sound Wave: After-School

Wednesdays are all about getting creative, whether you want to get hands on with writing and crafting, or you want to jam out at Sound Wave. Both take place at Knowle West Media Centre.

What else is on?



Future Legacy Project

Are you passionate about changing the world? Do you want to meet new people and make new friends? Do you want to learn new skills and increase your self-confidence? Future Legacy Project is an exciting creative STEAM programme supporting young women aged 16 to 18 to make a difference in the world by creating their own digital social action project. February – April 2022
Visit www.futurelegacyproject.com for more.

Sound Wave 16+ (for 16-24-year-olds)

Are you interested in expanding your music networks and looking for a welcoming space to jam and make music? We will be hosting a series of open jamming sessions for local musicians at KWMC on Wednesdays 6.15-7.15pm

Work Experience (for 14-18-year-olds in July 2022)

Are you looking for Work Experience in the STEAM and creative industries? We run a work experience programme during June and July. Please get in touch for more details.

Tea and Coffee Morning

A bi-monthly open space for anyone working in the local area to come along and find out what we're up to and for us to find out what you're up to. This is all about figuring out how we can best support local young people.

The next coffee morning is from 9.30-11.30am on the 24th March at Knowle West Media Centre.

Please RSVP with clara@kwmc.org.uk or call 07729 238700.



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

Art Works Creative Drop-In

Art Works is now offering a drop-in space for young people aged 11-25 to get creative – no sign up required! Each month we'll be working with a new material, but if young people don't fancy it they can do their own thing – how they participate it up to them. They'll be able to find out about the creative projects going on at OTR and have a chat about any thoughts, worries or questions they have.

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

Read more here: otrbristol.org.uk/art-works

Dance (with RISE Youth Dance)

RISE Youth Dance are offering a free session to young people aged 11-16. They'll be given the opportunity to create, experience and share movement, as well as work with others to develop confidence, self-esteem and team working skills. RISE work across contemporary, festival and creative dance forms, and are suitable for both beginners and those with dance experience.

Throughout February @ Unitarian Meeting Hall, St Paul's, Bristol, BS2 8PE

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

Spike Island x Art Works

A six-week short course for young people aged 11-25 at the contemporary art gallery Spike Island! Local artists will be coming to share their expertise and creative skills, with a mixture of materials on offer and a chance to put together a show at the end of the course. This collaboration is for all young people, whether they enjoy painting, photography, film, printing, sculpting, you name it! There's absolutely no pressure to have tried any of these skills before – they just need to bring themselves!

Throughout March and April @ Spike Island, 133 Cumberland Road, Bristol, BS1 6UX

Read more and sign up here: otrbristol.org.uk/spike-island-x-art-works

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 (Option 1)** – 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



spear
bristol

a resurgo
partner

Is it for me?

The Spear Programme is a free interactive course to help you overcome any challenges you face and get into work or education



We work with young people from all backgrounds facing barriers to employment.

What's in it for me?



Spear Foundation:

Six weeks coaching within a fun and friendly community designed to:

- get you into work or education
- improve your confidence
- help to develop an impressive CV
- provide interview training & practice
- offer job and training opportunities



Spear Career:

A year of coaching to fast-track your career, including:

- 12 months of personalised support
- job application workshops
- access to exclusive job opportunities
- regular catch-ups with your Coach

The Spear Programme is an initiative of Resurgo Turst

Programme start dates

Register online or text your local centre for more info (see over for details).



All programmes are delivered in accordance with latest Covid19 government guidance.



Sign up: www.spearbristol.co.uk

Spear Bristol

Call or text: 07840 527 336

Email: hello@spearbristol.co.uk | isabel.thompson@spearbristol.co.uk

Christchurch, Clifton Park
Bristol, BS8 3BN



@resurgospearprogramme



What our trainees say...



I grew up in foster care, and I am very disconnected from my family... [Spear] felt like the only place where people understood my situation.



Lexi



When I left college, I gave all my potential to the streets... The Spear Programme reminded me of how much potential I have. It motivated me to improve myself.



Samir



I was scared that I was going to fail... [But] through the Spear Programme, I've landed myself a job that I'm so excited to start. I'm really happy to be back in the world of work.



Shannon



Colonel Gary McDade

Commander

South West

on behalf of the Army Board

requests the pleasure of your company

at a Reception and Briefing by The Army Engagement Team

at Ashton Gate Stadium,

Bristol, BS3 2LQ

on Wednesday 23rd March 2022

RSVP

The Army Engagement Team

Email: RC-AEG-mailbox@mod.gov.uk

6.30pm to 7.00pm Reception

7.00pm to 7.45pm Presentation

7.45pm to 8.15pm for Questions

8.15pm to 9.00pm Refreshments

Services for families

UD Ups and Downs southwest

Down Syndrome Support
Children • Parents • Professionals



We Can Help You

Every year across the UK around
1000 babies will be born with
Down Syndrome

There are 60,000
people
in the UK with
Down Syndrome

- Family - Face to Face Support, help with DLA, PIP and EHCP, Advocacy Service.
- Professionals - Resources, Advice, Support, Training Events and Conferences.
- Social - Family Days, Children and Young People Activities.

Time and Understanding



Life has its Ups and Downs but we're still smiling



You Can Help Us

Volunteering

family support, administration, publicity and promotion.

Fundraising

helping at our events, or organising your own fundraising activity.

Donating

to help with our important work.

www.upsanddowns.net HQ - 01278 691100 - Bristol - 0117 432 5050

Charity No. 1116381

NEED DEBT ADVICE?

STRUGGLING WITH BILLS?

Don't know WHERE to turn?

CALL SOUTH BRISTOL'S

DEBT ADVICE TEAM



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

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

Call Us! 0117 903 8358

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



SAY Training and Events

Youth Matters Group

An opportunity for CYP to meet, be heard and inform a service focussed on meeting their needs. The next session will take place virtually. All welcome.

Monday 21 March 2022 at 7pm. Find out more and book a place [HERE](#)

Transition evening with Send and You SAY Sendias Service, City of Bristol College and Pathways to Independence Team, Bristol City Council. Tuesday 15th February 2022

Find out more and book a place [HERE](#)

Virtual Coffee morning on Mediation. Wednesday 21 March 2021 10.30 am.

Find out more and book a place [HERE](#)

SEND Surgeries - We're holding a FREE virtual 'SEND surgery' via telephone or Zoom, for parents and carers living in Bristol who have children with special educational needs or disabilities (SEND).

Evening Tuesday 8th March 2022: 1:1 appointments, 6-8pm. Find out more and book a place [HERE](#)

Other Local Events and Support

Bristol Parent Carers. A member of the Send And You team will be available at the following support groups:-

BPC North: Wednesday 16th February 2022 10.30am - 12.30, Southmead Community Centre, 248 Greystoke Ave, Southmead, Bristol, BS10 6BQ

BPC Central: Wednesday 2 March 2022 10.30am - 12.30 Phoenix Social Enterprise 5 Russell Town Ave, Redfield Bristol, BS5 9LT

BPC South: Thursday 24 March 10.30am - 12.30 AT: The Inns Court Centre, 1 Marshall Walk, Inns Court, Knowle, Bristol, BS4 1TR

Social prescribing online support group.

Groups are open to adults (18+) who are registered at a North or West Bristol GP surgery.

To download a flyer of all groups & for details of how to book click: [HERE](#)

Send And You will offer a session on education on the first Wednesday of each month, at 11.00am.

Find out more and book a place [HERE](#)

Training for parents and carers

A banner with a warm, golden-yellow background featuring a soft, out-of-focus sunset or sunrise scene. The text "A Course For" is in a large, black, serif font, and "Work and Life" is in a smaller, bold, black, sans-serif font below it.

A Course For

Work and Life



A 11 week course

2 days a week: Monday and Tuesday

9.30am until 3.30pm



This course includes: Help with searching for work, help with filling in application forms, Interview skills and practice, Creating and sending CV's , Searching the internet, Using other devices such as tablets, Looking at health and safety and many more work based learning skills. You will also Gain an IT



For more information please

Call 0117 9781708

Email gatehouse@hwv.org.uk

Visit our website www.hwy.org.uk



For more information

Call us on either

0117 97 88968

or

0738 0537323

Email

A.Mel.Melbourne@hwv.org.uk

Louis.Brooks@hwv.org.uk

Nic.Firks@hwv.org.uk

<https://www.hwv.org.uk/16-18-year-olds>



HWV The Gatehouse



Enrolments
from September-April

A2A Access 2 Achievement

Youth Training Course at the Gatehouse Centre

- Are you aged 16-18 years old?
- Didn't get the GCSE results you needed?
- Not yet ready for college apprenticeships or work?



Contact the A2A team
The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN
01179788968



The A2A "Access to Achievement" course provides an excellent opportunity for young people aged 16 -18 to achieve or improve their English & Maths functional skills Entry 1 - Level 2.

GCSE English & Maths are now available from September - October.

Many of the young people attending the A2A course receive the following support:

- Opportunity to improve English & Maths
- Support to progress onto apprenticeships, college courses or employment



We also provide support for the following:

- Personal Development skills
- Concentration
- Self esteem
- Confidence
- Stress management
- Communication skills

Student Feedback

'I feel like I learned a lot and had lots of fun.'

'I have improved my reading and this has made me feel better about myself.'

'It was better than school.'

'I feel I had someone I could talk to.'

'It's made me feel like I can actually do something with my life.'

'I was not patronised and I was treated like an adult.'



Online job search

A short six-week course

- Create a CV
- Perform Job-search related tasks
- Apply for jobs
- Completing application forms
- Interview techniques
- Support given throughout



01179781708



gatehouse@hvv.org.uk



HWV
@ The Gatehouse



BASIC BUDGETING MANAGING YOUR MONEY

A SIX WEEK COURSE

To help you look at your current
spending

To see if you can make savings

Look at creating positive
spending habits



HWV
@ The Gatehouse



Email: gatehouse@hwv.org.uk

Tel: 01179781708

www.hwv.org.uk



A Six week course



COOKING FOR ALL

Cooking on a budget
Making comfort food from scratch
Health and Safety
Measuring food
Menu planning



Take home what
you have cooked

For more information,
eligibility and to book
your place:

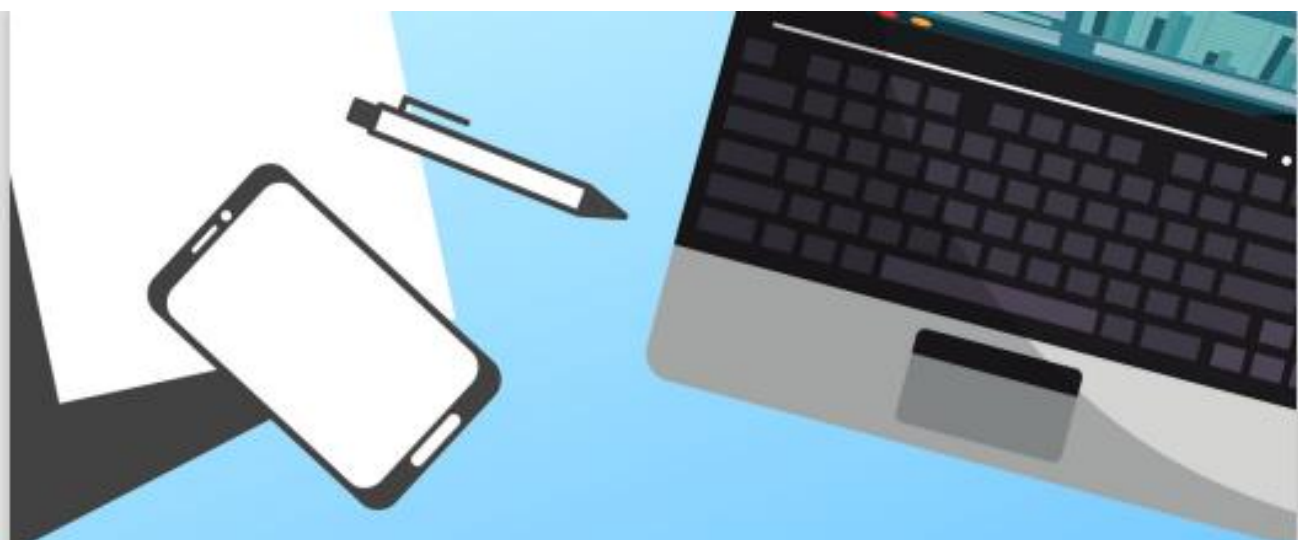
Phone: 01179781708

Email: gatehouse@hvv.org.uk



HVV
@ The Gatehouse





A SHORT SIX-WEEK COURSE

COMPUTERS FOR BEGINNERS

Looking at the basics of using a
computer, switching it on and
working your way around it. Using
Word and support with basic online
searches

@THE GATEHOUSE


**For more information, eligibility and
to book your place:**

Phone: 01179781708

Email: gatehouse@hwv.org.uk




HWV
@ The Gatehouse



A 6 WEEK COURSE


HEALTH AND WELLBEING



- Talk to others
- Ways to feel positive
- Things that can affect your mood
- Foods that can affect your mood
- Gentle exercise
- Techniques for stress and panic attacks

THESE COURSES ARE FREE

For more information, eligibility and to book your place:
Phone: 01179781708 or e-mail: gatehouse@hwv.org.uk



HWV
@ The Gatehouse



Discovering Myself

Would you like to:-

UNDERSTAND THE BENEFITS OF IMPROVING
YOUR CONFIDENCE & SELF-ESTEEM?

LEARN ABOUT ASSERTIVENESS TECHNIQUES?

LEARN ABOUT NEGOTIATION SKILLS?

GET A BETTER UNDERSTANDING OF THE
'DECISION MAKING' PROCESS?

UNDERSTAND EMOTIONS & ANGER
MANAGEMENT?

IMPROVE YOUR MENTAL HEALTH & WELLBEING
AWARENESS?

LEARN HOW TO MANAGE YOUR PERSONAL
FINANCES?

THIS IS A LEVEL 1 COURSE

The course is for 12
weeks

Interested?

Contact us on:

01179781780

Email:

gatehouse@hvv.org.uk

FREE

English & Maths

Courses

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. Friendly tutors, a comfortable environment, morning, afternoon and evening sessions. Nationally recognised qualifications from Entry Level up to Level 2.

Support with childcare is available depending on individual circumstances



Current Course Timetable

Mornings	Monday to Friday	9.15 - 12.15
Afternoons	Monday and Wednesday	1.00 - 4.00
Evenings	Tuesday	5.30 - 8.30

For more information please

Call **0117 9781708**

Email gatehouse@hvv.org.uk

Visit our website www.hvv.org.uk



A good level of spoken English is required





Community Learning West FEBRUARY update FREE courses



Community Learning West offers a wide range of **FREE** courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment.

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

Courses starting soon...

Non-accredited Maths and English

Brush Up Your Maths! (Online)

Basic maths course to help you develop your skills and confidence using maths! Work at your pace and your level – suitable for all levels. Opportunity to progress to a Functional Skills qualification! **Online**, days and times to be confirmed. For more information and to register your interest, please contact Fiddy Garrad on 07342 031877 or email Fiddy.garrad@bristol.gov.uk



Accredited Maths and English

*Functional Skills English. PLACES STILL AVAILABLE

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. **Face-to-face** at YES, West Street, Bristol, BS2 0BH. 1.30pm to 3.30pm, Tuesdays from 11/01/22. Phone 0117 9739744 or email information@youtheducationservice.org.uk



*Functional Skills Maths

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. Get in touch for more information. **Face-to-face** at YES, West Street, Bristol, BS2 0BH. Mondays from January 2022. Phone 0117 9739744 or email information@youtheducationservice.org.uk

IT and Employment Skills

Get Digital!

A basic computer course to get you started, a laptop will be available for the course. Includes e-safety, internet and email. **Face-to-face** at Shirehampton Employment Hub/ Methodist Church, Penpole Avenue, Shirehampton, Bristol BS11 0DY. 10am to 12noon, Thursdays for 6 weeks from 27/01/22. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk



Intro To Office Skills/Business Admin

An intermediate online computer course which will cover using Word, spreadsheets and Powerpoint presentations. It will link in with National Careers Service. Laptops and data may be available for learners for this course. **Online.** 10am to 12noon, Tuesdays for 6 weeks from **01/02/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

***Introduction To Remote Learning**

Learning online is here to stay! This 3-hour workshop will help you use Zoom and stay safe online. **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. One session on **21/02/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

***Confidence In Employability**

Covers personal skills and attributes, writing a good CV and covering letter and job searching using a range of tools. Prepare for the interview and get that job! **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. 9.30am to 3pm, **3 days on 22/02/22 to 24/02/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

Computer Skills For Beginners

Learn how to navigate a laptop, send emails, create a document, make Zoom calls and use the internet safely. **Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. Suitable for Entry 3 and above. 9.30am to 11.30am, Thursdays for 6 weeks from **03/03/22**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Introduction To Health And Social Care

An introduction to the health and social care sector in preparation for moving onto the **Level 1** qualification. **Face-to-face** at St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ. Suitable for Entry 3 and above. 1pm to 3pm, Thursdays for 4 weeks from **03/03/22**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Emergency First Aid At Work. COMING SOON

Accredited 6-hour course. Includes first aid theory and practical first aid. A free manual will be available for learners. **Face-to-face** in North Bristol. Dates and venue TBC. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Get To Know Your Laptop (for learners over 50). COMING SOON

A computer course for beginners. Learn how to navigate a laptop, send emails, make an application online, make Zoom calls and use the internet safely. Laptops and data may be available for learners on this course. **Face-to-face** in North Bristol. Dates and venue TBC. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Level 2 Award In Independent Advocacy. COMING SOON

Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course developed by Community Learning and Keeping Bristol Safe Partnership will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings. The course is full of practical information and opportunities to hear from and link up with a wide range of organisations across the city who want to hear from you too! Learn in a supportive group over 10 weeks plus a 4-week Introduction to Advocacy and gain a nationally recognised qualification. Course to run at least 4 times a year in venues across

the city. Laptops provided to help you learn. One to one support after the course to help you plan and take your next steps. **Criteria – must be aged 19 or over and be a Bristol resident.** To find out more about the course and when/where they are happening contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk



Family Learning

*Triple P Parenting. COMING SOON

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

*Boost. COMING SOON

Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it. **If your school is interested in hosting a course**, please contact Jonathan Hope on 07779086892 or email jonathan.hope@wider-world.org.uk

*Fussy Eating And Mealtimes. COMING SOON

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

Confidence & Aspirations, Health & Wellbeing



Woodland Skills

Learn new skills in an outdoor setting e.g. coppicing, using willow, making a fire safely etc. A wellbeing course in a lovely setting. Find out about outdoor activities and volunteering opportunities locally. **Face-to-face** at Lawrence Weston Community Farm, Saltmarsh Drive, Bristol BS11 0NJ. 12.30pm to 3pm, Thursdays for 6 weeks **from 17/02/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

**Time For Change. COMING SOON

Do you feel overwhelmed by changes and projects in your life? This course is for you! Free online sessions to empower you in your personal and professional life! **Online**, Fridays for 3 weeks in **February and March**. Contact CCBED admin@c-cbed.com

ESOL Conversation Clubs and Courses



ESOL Conversation Clubs

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

ESOL For Life. PLACES STILL AVAILABLE

This Entry level course will help you improve your speaking, listening, reading and writing skills.

Face-to-face at Henbury Court Children's Centre, Marissal Road, Henbury, Bristol BS10 7NY.

9.30am to 11.30am, Tuesdays for 10 weeks **from 25/01/22**. Contact Suzanne Gaffney on

07887451776 or email suzanne.gaffney@bristol.gov.uk

***ESOL Conversation Class.**

Designed to help learners to gain confidence in everyday life including work, school and in the

community. **Online**, 4pm to 6pm, Mondays for 8 weeks **from 31/01/22**. Phone 07922 931 913

or email admin@c-bed.com

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

****This activity is funded by Bristol City Council's One Front Door project**



We always welcome suggestions so get in touch if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

What our learners say...

- *I liked all of it! I was nervous before going onto Zoom but I felt quite confident in speaking on it and felt at ease.*
- *The course helped me be a bit more confident with myself, I did learn more grammar and I would like to continue study.*
- *XXXX is a great tutor, very helpful and the course helped me gain the confidence I need to move forward.*
- *Thank you XXXX. I like the way you explained every topic in the class and your support online as well. I learnt many different techniques to improve my writing skills.*



Employment support for Parent Carers

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

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

Some of the support available:

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



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

Find out more

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



KWMC★
THE FACTORY

**Ever thought about
setting up your own
small creative
business?**

WE CAN HELP!

MADE IN SOUTH BRISTOL

is a FREE skills and support programme which has already helped local people to explore and establish small businesses, side hustles and extra income from creative ideas.

WHO IS IT FOR?

This programme is for South Bristol residents (18+) who do not currently run a business and would like to find out what is involved in a supportive and inspiring environment.

GET IN TOUCH

If you are interested to learn more,
Please email our team at
enterprise_support@kwmc.org.uk
to arrange an informal chat
or ask any questions.



Develop Skills

Learn the skills you need to start your own business



Build Confidence

Be supported to grow in confidence to take the first steps with people like you



Get creative!

Develop your ideas

KWMC★
THE FACTORY

**SOUTH
BRISTOL
ENTERPRISE
SUPPORT**

South Bristol Enterprise Support delivered with funding from:



European Union
European Regional
Development Fund



HM Government



Do you know someone who struggles to read?

**Read Easy provides free and confidential
one-to-one reading coaching for adults.**

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more,
please contact:

07907491414

bristolnetworker@readeasy.org.uk

readeasy.org.uk

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151288)