

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







Age Range: 8-13 Year olds Under 8's are welcome but must be with accompanied by a responsible adult (18+)



CALLL SAMMY FOR MORE INFO: 07717816825

Learning Partnership West will be providing free daily activities for children and young people throughout the Summer Holidays from 24th July - 31st August

Please see overleaf for the activities we will be delivering.

OPEN MONDAY – FRIDAY 10AM – 4PM Teyfant Rd, Hartcliffe, BS13 ORF

Week 1

Monday 24th July: Fruit kebabs & Festival glitter face painting

Tuesday 25th July: Pasta bake & Air dry clay

Wednesday 26th July: Burgers & Mosaic

Thursday 27th July: Fajitas & Friendship bracelets

Friday 28th July: Chicken curry & Colour in masks

Week 3

Monday 7th August: Pitta pizzas & Community Learning (12-3pm) Nature Art

Tuesday 8th August: Banana splits & Slime

Wednesday 9th August: Khalda - Cooking & Sand art

Thursday 10th August: <u>CLOSED DUE TO TRIP TO</u> <u>CLEAVDON</u>

Friday 11th August: Full English breakfast & Keyring making

Week 5

Monday 21st August: Nachos & Flower printing

Tuesday 22nd August: Jacket potatoes & Pom Pom kits

Wednesday 23rd August: Bacon sandwich & Stress balls

Thursday 24th August: Pesto pasta & Magnet making

Friday 25th August: Sausage, chips and beans & Blow painting with straws

Week 2

Monday 31" August: Smoothies & Chalk drawling/bubbles

Tuesday 1" August: Beans on toast & Water play (Please bring a towel - This is weather dependent)

Wednesday 2nd August: BRISTOL PLAY DAY 11-3PM

Thursday 3rd August: <u>CLOSED DUE TO TRIP TO</u> LOCKLEAZE ADVENTURE PLAYGROUND

Friday 4th August: Chili con came wraps & Mug painting

Week 4

Monday 14th August: Hot dogs & Community learning (12-3pm) Going on a bear hunt

Tuesday 15th August: Mac and cheese & Water pixtol painting

Wednesday 16th August: Khalda - cooking & Sun catchers

Thursday 17th August: Spaghetti Bolognese & Windchimes

Friday 18th August: Sausage sandwich & Scavenger hunt

Week 6

Monday 28th August: <u>CLOSED DUE TO BANK</u> <u>HOLIDAY</u>

Tuesday 29th August: Soup/Bread & Book marks

Wednesday 30th August: Khalda – cooking & Graffiti workshop 10-4pm

Thursday 31st August: LAST DAY OF SUMMER BBQ!!



Learning Partnership West – Bristol Playday 2023



Hartcliffe and Withywood Community Partnership – Summer Activities



FREE fun for all the family

ENT



Thursday 27th July 11.00am to 3.00pm

JOIN US FOR OUR 2023 SUMMER FUN DAY WILLMOTT PARK STILLINGFLEET ICE (REAN ROAD BS13 044 ET STALLS HAIR BRAIDING · SAVS ICECREAM KIDS GAMES · BMX TRACK PLUS LOADS MORE Bringing the community together again

sarah.fowles@hwcp.org.uk

Summer Holiday Activities 💥 Check out the calendar on our website for more info: WWW.HWCP.ORG.UK

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
24th July	Pizza & fruit kebab making at HCYP 10:30am - 2:30pm Sports hall team games at HCYP 11:30am - 1:00pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Beach party at HCYP 12:00PM - 3:00PM Forest school holiday club 10:30am - 2:30pm Tuesday tots hartcillfe church 9:30am - 11:00am Sculpture workshops at Hartcillfe farm 12:00pm - 3:00pm	Forest school holiday club 10:30am - 2:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Community fun day at willmott park 11:00am - 3:00pm Forest school holiday club 10:30am - 2:30pm Yoga garden at zion 6:30pm - 7:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Biscuit making & water fight at HCYP 10:30am - 2:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm
31st July	Astro sports at HCYP 10:30am - 2:30pm	Forest school holiday club 10:30am - 2:30pm Family crafts hartcliffe church 9:30am - 11:30am	Forest school holiday club 10:30am - 2:30pm Bristol play day at teyfant 11:00AM - 3:00PM Game making @symes resource centre 10:30am - 12:00pm + 12:30pm - 2:00pm	Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm	All aboard water sports at Harbourside 9:30am - 3:30pm Sweet making & astro at HCYP 10:30am - 2:30pm
7th August	Astro treasure hunt at HCYP 10:30am - 2:30pm Nature art at The big hideout 12:30pm - 3:00pm	Go sketch at HCYP 10:00AM - 2:00PM Forest school holiday club 10:30am - 2:30pm Family lonch club hartsliffe church 11:30am - 1:30pm	Forest school holiday club 10:30am - 2:30pm Robot week @symes resource centre 10:30am - 12:00pm + 12:30pm - 2:00pm	Family sports day and picnic at Willmott park 12:00pm - 3:00pm Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm	Paint tag, sports & arts at HCYP 10:30am - 2:30pm
14th August	ACTA Drama workshop at HCYP 10:00am - 2:00pm Mini bus trip at HCYP 10:30am - 2:30pm Bear hunt at The big hideout 12:30pm - 3:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Forest School Holiday Club 10:30am - 2:30pm Tats play Hartcliffe church 1:30pm - 2:45pm Strawberry Line Trip at HCYP Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	SS Great Britain Trip 10:00am - 3:00pm Forest school holiday club 10:30am - 2:30pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm Pizza & astro at HCYP 3:00pm - 4:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Hart Attack @symes resource centre 12:00pm -3:00om BBQ & Disco at HCYP 12:00pm - 4:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm
21st August		Spacemakers community litter pick & games 11:00am - 2:00pm Family, fun club hartCliffs church 1:30pm - 4:15pm Circus workshops at The round house 12:00pm - 3:00pm	Weymouth daytrip 9:00am - 6:00pm Circus workshops at The round house 12:00pm - 3:00pm	Blaise castle for lego legends 9:30am - 3:00pm Yogg garden at Zion 6:30pm - 7:30pm Circus Workshops at The round house 12:00pm - 3:00pm	Circus Workshops at The round house 12:00pm - 3:00pm
28th August		Acta drama workshop at HCYP 10:00 - 2:00PM Lantern making at hartcliffe farm & round house12:00pm - 3:00pm	Community funday at withywood park 11:00am - 3:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Yoga garden at Zion 6:30pm - 7:30pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	







FREE Fun for all the family COMMUNITY FAMILY SPORTS

DAY AND PICNIC



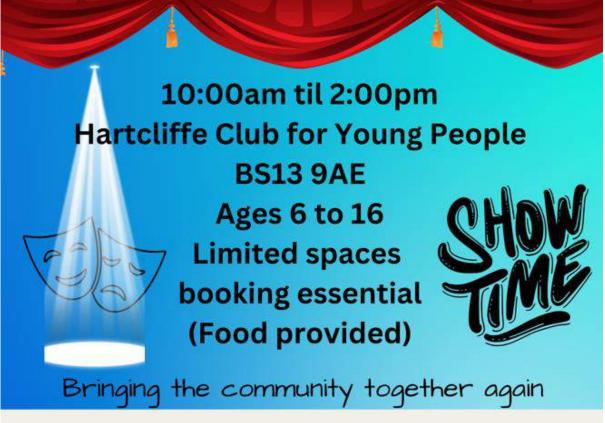
Thursday 10th August 12:00pm til 3:00pm Willmott Park BS13 0AA (next to bmx track)





FREE Fun for all the family ACTA DRAMA WORKSHOP

Monday 14th August





MAKING

FREE Fun for all the family HART ATTACK

SUMMER FUN PAPIER-MÂCHÉ

Friday 18th August

12:30pm til 3:00pm **@Symes resource Centre** snacks provided drop in

Bringing the community together again



FREE Fun for all the family SPACEMAKERS COMMUNITY LITTER PICK AND GAMES



Tuesday 22nd August Spacemakers Park, Bristol BS13 0AA 11:00am til 2:00pm



Bringing the community together again



FREE Fun for all the family ACTA DRAMA WORKSHOP



Tuesday 29th August





Your Holiday Club Bristol









Knowle West Media Centre – Jump Studios Free Summer Activities

JUMP STUDIOS SUMMER PROGRAMME 2023 FREE ACTIVITIES FOR AGES 10-17

MAKER CITY

Monday 31st July - Wednesday 2nd August / 10-3 pm

Come and **experiment** with **digital making**, **creative technologies** and **social action!** Get inspired and **learn** how to make products using **laser cutters**, **3D printers**, **vinyl cutters** and lots more!

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

SOUND WAVE

Monday 7th August - Wednesday 9th August / 10-3 pm

Come and **explore** our three-day **music programme**. Take part in **songwriting**, **music production** and collaborate with **others** at **KWMC**. All abilities are welcome!

Knowle West Media Centre Leinster Ave, Bristol BS4 1NL



Redcatch Community Garden – Free Summer Holiday Club

Free Summer Holiday Club

OU

Holiday

For children who are eligible for Free School Meals and aged 8-12

Mondays and Tuesdays in Summer Holidays 24 July - 15 August 2023, 10am-2pm

This is a SEND Friendly Provision - the small group, flexible nature of the offering means it is accessible and appealing for the SEND community

Book via Eventbrite



www.redcatchcommunitygarden.com Redcatch Park, Broadwalk, Knowle BS4 2RD



Unique Voice – Summer Holiday Activities



To make a referral please click here

Knowle West Fest – Save the Date!

KNOWLE WEST FEST SAVE THE DATE! 5 AUGUST

A day of free live music, activities, a parade, and more. This year taking over Filwood Broadway!



Knowle West Fest is being delivered by Filwood Community Centre and Knowle West Media Centre, as one of the activities under the City Centre and High Streets Recovery and Renewal programme, funded by Bristol City Council and the West of England Combined Authority's Love our High Streets project. This event is subject to licensing and site permissions approval.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10- <mark>2</mark>	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSE
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSE
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSE
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSE
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSE
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSE
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSE
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSE
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-5	CLOSE
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSE
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSE
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSE
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSE
Stockwood Extended Access*	0117 9038546	<mark>8-1</mark> 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSE
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	<mark>1-5</mark>
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSE
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSE

Bristol Libraries

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*Extended Access times are unstaffed. Please ask at the library for details of how to apply to join the Extended Access scheme.



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Baby Bounce and Rhyme



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

Library	Day (Term time only)	Time	Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11.00am			
Bedminster 0117 9038529	Wednesday Friday	10.30am & 2.00pm 11am	& 2.00pm 0117 9038585		11.30am 11.30am
Bishopsworth 0117 9038566 All year round!	Wednesday Friday	2.00pm 10.30am	Marksbury Road 0117 9038574 All year round!	Thursday	2pm
Bishopston 0117 3576220	Wednesday	11.30am	Redland 0117 9038549	Wednesday	11.30am
Central 0117 9037215 All year round!	Monday Wednesday Saturday	10.45am 10.45am 10.45am			
Clifton 0117 9038572	Monday Friday	10.30am 10.30am	Sea Mills 0117 9 <mark>0</mark> 38555	Tuesday	10.45am
Filwood 0117 9038581	Wednesday	11.30am	Shirehampton 0117 9038570	Thursday	11.00am
Fishponds 0117 9038560	Tuesday	2.15pm	Southmead 0117 9038583	Tuesday	11.30am
Hart <mark>c</mark> liffe 0117 9038568	Monday	2.15pm	St George 0117 9038523	Tuesday	11.00am
Henbury 0117 9038522	Monday	11.30am	St Paul's 0117 9145489	Tuesday	2.15pm
Henleaze 0117 9038541	Thursday	2.00pm	Stockwood 0117 9038546	Friday	10.30am
Hillfields 0117 9038576	Wednesday	12.00pm	Westbury 0117 9038552	Wednesday	11.15am
Horfield 0117 9038538	Monday Thursday	11.30am 10.30am	Whitchurch 0117 9031185	Wednesday	2.15pm
Junction 3 0117 9223001	Monday	2.15pm	Wick Road 0117 9038557	Wednesday Wednesday	10.30am 2.00pm



Story time Sessions

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

Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11am
Bedminster 9038529	Saturday	11am
Bishopston 0117 3576220	Saturday	11.30am
Bishopsworth 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Central 9037215 All year round!	Friday	10.45
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.15pm
Hartcliffe 9038568	Thursday	2.15pm
Henbury	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	12.00pm
Horfield 9038538	Tuesday	11.30am

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



Bristol Libraries

February 2023 www.bristol.gov.uk/libraries



Summer Reading Challenge 2023

Get ready for Ready, Set, Read! Arriving in Libraries and online this summer!

Developed in collaboration with the Youth Sport Trust,

'Ready, Set, Read!' will celebrate play and participation and will encourage children to engage in reading, games and sports, in any way that best suits them.

Children are challenged to get reading over the summer holidays. By taking part in the free Challenge, children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer.

The challenge begins in libraries from Saturday 8 July. Children can also take part online!

How to take part

Children can join at the library and pick up a Ready, Set, Read! folder or do the digital challenge online or do both!



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

To take part online go to <u>summerreadingchallenge.org.uk/</u> where children create their own profile with the assistance of an adult. They set their own reading goals, and can read any books they choose! Children are encouraged to read library books, digital eBooks and listen to eAudio books. Each time they finish a book; they add it to their profile and write a review. <u>Rewards and Incentives</u>

Children are rewarded with stickers and a medal if they take part in the library.

Online, the rewards are fun digital activities and incentives along the way, with online badges and games. When they complete the challenge online, they receive a downloadable certificate. Benefits of the Summer Reading Challenge

Children who take part maintain reading confidence levels over the summer and are more enthusiastic about books and reading.

It keeps children actively reading over the summer, supporting the transition between year groups and stages.

The programme offers something fun & FREE to do together for your children, families and communities.

Accessing Books and Joining the Library

All of our libraries are now OPEN - Please check here for more details:

https://www.bristol.gov.uk/libraries-archives

We also offer e books and e audio books for free with your library membership card! If you're not already a library member, joining is easy and free, just click here to join the library. Support us

Please promote the Summer Reading Challenge in your school or setting and share on your social media channels. Find us on Twitter @Bristollibrary, Instagram Bristollibraries and Facebook Bristol Libraries.



BS13 Cooking Club









BS13 COOKING







WE ARE EXCITED TO ANNOUNCE OUR FIRST COOKING SESSION ON THE 12TH JULY 2023.

DO YOU LIKE COOKING? WOULD LIKE TO KNOW HOW TO COOK DIFFERENT CULTURAL FOOD? WHY NOT JOIN US?

START DATE: JULY 12TH 2023 (SECOND WEDNESDAY OF EVERY MONTH)

TIME: 14:00 - 18:00 TURN UP ANYTIME, BEFORE AND AFTER SCHOOL RUN, NO NEED TO BOOK 14:00 - 17:00 -> COOKING 17:00-18:00 EATING

WHERE: MOWCROFT METHODIST CHURCH, MOWCROFT ROAD, BS13 OLT (OFF HARECLIVE ROAD)

MENU: MEAT BALLICHICKEN) WITH VEGETABLES RICE SALAD FALAFEL BROWNI CAKE

HALAL & VEGETARIAN OPTIONS AVAILABLE



ADULTS WITH CHILDREN AND --EVERYBODY WELCOME

CONTACT: AXIN +44 7404 411898

BeeZee Families – Free Online Course

FAMILYS HEALT, at your fingertips at your fingertips Image: Construction of the second of

Live stream our expert family nutritionists to the comfort of your own home! We are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks up our sleeves to help you and your kids make healthier choices, and then turn them into habits for a healthier, happier life!

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BeeZee Families

BeeZee Families Live is a free, 10 week course of online webinars for children (5-12yrs) and their families to learn about healthy lifestyles.

SIGN UP FOR FREE!

putting your

- beezeebodies.com/familieslive
- 03308 186308
- 🗿 @beezeefamilies
- BeeZee Families

beezee bodies

*eligibility criteria applies, see website for details

Services and opportunities for Parents/Carers

One Front Door – Employment and training support

Looking for a simple route into work or training?



One Front Door can help you:

- Find the right job
- Find training and education
- Learn new skills
- Find volunteering or apprenticeship opportunities

Our coaches will help you create an action plan, build your confidence and achieve your goals!

We also help employers and training providers to advertise vacancies and courses.

Visit: onefrontdoor.org.uk Call us today: 0117 922 3440 Email: onefrontdoor@bristol.gov.uk



The One Front Door Project aims to support Bristol residents who need employment support, advice and guidance. We can also signpost recommendations around other issues including Mental Health, Wellbeing, Financial problems and a wide range of other topics. One Front Door can work with anyone in Bristol and priority is given to those who are unemployed. If you are unemployed, we can help you consider your work and training options and help you find out about the support services available in Bristol.

Community Learning – Free Courses from September 2023



FREE Courses with Community Learning ENROLMENT DAY Monday 11th September Between 9.00am and 3.00pm Hartcliffe Nursery School and Children's Centre BS13 0JW

Courses running from September

English

Maths

Childcare level 1

Paediatric First Aid

Creche available on courses

Come along to Family Support Rooms

[Portacabins in main car park]

Phone/text Helen for more information 07760990855



Communitylearningwest.net 01172 510230

r FREE COURSES AT THE GALLERIES

From September 2023

Various Times and Dates

Bristol Launchpad, The Galleries Shopping Centre (Ground Floor)

FREE and friendly courses to learn new skills, meet people and gain recognised qualifications

- Beginner Digital Skills
- · Level 1 Award in Customer Service
- Level 2 Award in Independent Advocacy

COMMUNITY

LEARNING

Contact: bryony.sims@bristol.gov.uk

Phone: 07721 512583

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

ST OF GLAND communitylearningwest.net lctinfo@bristol.gov.uk 01172 510230 FREE Courses with Community Learning ENROLMENT DAY 12th September 2023 Tuesday 9.30-3.00pm The Park Centre, Daventry Road BS4 1DQ Courses running from September

English and Maths

Level 1 Practical Horticulture

Paediatric First Aid/First Aid

Wellbeing, cooking, budgeting courses

Food Safety qualification

ESOL Assessment day on 12th September too

Main reception and ask for Lucy 07788353446

WEST OF ENGLAND Combined Authority EARNING Communitylearningwest.net 01172 510230

Community Learning – Health & Social Care Level 1



1

Mondays starting 18th September 2023 12:30 – 2:30pm

Stockwood Children's Centre

 Join a small, FREE, friendly, local course and learn some new skills, meet people and build your confidence

- Prepare to work across the health and social care sector and gain a recognised qualification
- Describe the principles and values that underpin work in health and social care and explain how you can demonstrate that you value service users

This course starts with a 5 week introduction followed by 15 weeks to gain the City & Guilds qualification.

Contact: Catherine.landon@bristol.gov.uk

07785 702454

communitylearningwest.net

lctinfo@bristol.gov.uk

01172 510230

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

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COMMUNITY

LEARNING

Community Learning – Free ESOL Assessment and Information Events

FREE ESOL Assessment And Information Event Hartcliffe Nursery School & Children's Centre BS13 0JW

Want to find out your English level and hear about local ESOL opportunities?

Come along to our ESOL Assessment and Information Day

Monday 11th September

Between 9.00am and 3.00pm

[Portacabins in main carpark]

Age 19+ only

ESOL CLASSES

Call 07760990855 or email helen.richards@bristol.gov.uk





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

FREE ESOL Assessment and Information Event

Want to find out your English level and hear about local ESOL opportunities?

Come to one of the ESOL English assessment and information events:

- 12:30pm Monday 11th September Faithspace, BS1 6PB
- 10am Thursday 14th September Faithspace, BS1 6PB
- 10am Friday 15th September Bedminster Children's Centre, BS3 3BZ

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

Click to see flyer: اللغة العربية <u>En Español</u> <u>Afka Soomaaliga</u> <u>ykpaïнською мовою</u> <u>Po polsku</u>

communitylearningwest.net

Ictinfo@bristol.gov.uk

01172 510230

Community Learning – Live Well Eat Well Cooking course



Live Well Eat Well Get Cooking! When: 15/9/23 to 20/10/23 1 Where: Knowle West Health Park, Downton Road, BS4 1WH Time: 12.30 til 2.30 each week

Weekly, free course to learn about healthier food choices. Get cooking dishes for you, your family and friends. Lots of tips and advice to help you make positive, delicious and money saving choices. Free hand blender at end of course. Book a place quickly!

Contact: Lucy Fieldhouse Phone/Text: 07788353446

COMMUNITY

LEARNING

Eligibility: Adults 19+ with no or low qualifications

communitylearningwest.net

Ictinfo@bristol.gov.uk

01172 510230

Community Farm – Chew Manga

The Community Farm

The Community Farm is a social enterprise based in Chew Magna, Somerset with environmental sustainability, community engagement and nature-friendly farming at our heart. We grow and sell locally-sourced, seasonal produce that's 100% organic. Working with organic producers and local farmers, our box delivery service supplies hundreds of homes throughout Bath, Bristol, The Chew Valley, Frome and Weston-Super-Mare. Learning activities for local children, adults and vulnerable people as well as regular volunteering opportunities are also regularly offered at The Farm.

Growing Wellbeing: Restoring People and Place

Our three wellbeing courses, Grow and Make, Wild Steps and Lakeside Wellbeing, sit alongside each other, offering different routes to improved wellbeing for different people with different needs and interests.

Grow and Make - Therapeutic Horticulture Programme

12-week course: Wednesdays, 10am-3pm. The next course starts on 13th September

Grow Days 2023: 16th June and 14th July

Our Gardening for Wellbeing course is underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden and how it connects with the wider webs of life around you. Together, we will nurture and be nurtured by our vegetable patch and forest garden through practical activities supported by theory sessions. We will sow, tend and harvest veg and fruit from the farm, forage in our hedgerows and learn about herbal teas and balms.

Alternatively, you can join one of our Grow Days which are one-off 're-fuelling' sessions, providing a boost to mood and general wellbeing.

Wild Steps - Therapeutic Conservation Programme

New 6 week course: Thursdays, 11am-3pm. The next course starts on 21st September.

Wild Days 2023: 7th July & 11th August

Run as a block of 6 structured sessions, the Wild Steps course is framed by the 5 Pathways to Nature Connectedness*: Contact, Beauty, Emotions, Compassion and Meaning. These sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to other life benefits our own wellbeing.

You'll have the opportunity to develop a range of practical conservation skills for instance hedgelaying, tree and wildflower planting/sowing, building and construction and pond maintenance to care for a mixture of habitats on the farm. These activities are combined with mindfulness, natural crafts, campfire cooking, folklore and seasonal celebrations.

Alternatively, you can join one of our Wild Days which are one-off 're-fuelling' sessions, providing a boost to mood and general wellbeing.

Lakeside Wellbeing - Therapeutic mindfulness, movement and creativity programme

New 6-week course: Mondays, 10am-3pm. The new course starts on October 30th.

Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing wellbeing practices in The Farm's beautiful setting. The morning will involve nature connection, active practice such as a walk, gentle stretching, and mindfulness practice whilst the afternoon will be for creative practice, including a variety of nature crafts and opportunity for reflection together.

Register your interest by following the link below and the course leader will give you a call or send you an email to get to know you a bit. Let us know if you would prefer to be called or emailed. Wellbeing - The Community Farm

NHS – Talking Therapies



Bristol, North Somerset & South Gloucestershire Talking Therapies

Are you feeling low, worried or stressed? We are here to help you

At NH5 Bristol, North Somernet & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and ive in Bristol, Somerset or South Gloucestershire we can support you by providing the tools you need to get life back on track

Contact us today - it is a FREE and confidential service. vitahealthgroup.co.uk
0333 200 1893

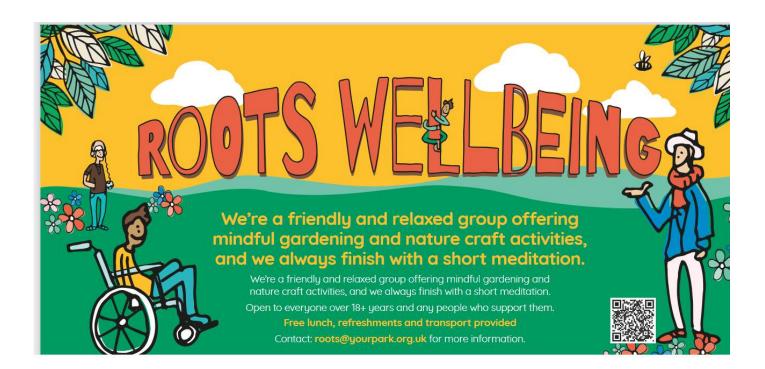
Text YOU' to 88802

Scan to self refer





ROOTS Wellbeing – Short Mediation



Winston's Wish – Walk and Talk

9th August, 1pm Meeting at 'The Down's Cafe', Stoke Road, Durdham Downs, Bristol, BS9 1FG GREEVING FAMILES

Meet others who get what you're going through

Walk and Talk events connect grieving young people and their families with one another in a relaxed setting.

It's your chance to share stories, experiences and advice with people who really 'get it' whilst enjoying a walk around beautiful Bristol.

Organised by youth bereavement charity Winston's Wish, we'll walk with you and be on hand to answer any questions.

Register your interest at winstonswish.org/walk

For immediate grief support call: Helpline 08088 020 021 winstonswish.org

Winster's Watt is a Registered Charity (England and Wales) 10(1258, (Scatland) SCDetteD (0488 viz.e-22)



Wednesday

Feeding Bristol – Support about Food.

Go to the Feeding Bristol Website for help and support about food.

Click below to see more:

Home - Feeding Bristol







Appropriate.

25:04.22

Knowle West Alliance – Welcome Spaces

KNOWLE WEST ELCOME SPACES SPRING EDITION 2023



Everyone is welcome

WELCOME SPACES

ARE A SAFE, FRIENDLY SPACE TO:

RECHARGE yourself / your devices

Access SIGNPOSTING to advice.

support services & local activities

🛜 where indicated

SHARE information / find out more

CONNECT with others / to the internet

FOOD

ACTIVITIES

where indicated

R

F

EREE

or

OW COST

COMMUNITY NETWORK

Our neighbourhood is full of LOCAL groups and organisations, offering a range of activities, support and advice services.

The timetable overleaf shows where Welcome Spaces are located, their contact details and opening times.

For more up-to-date information go to www.knowlewest.co.uk/welcomingspaces/



To find out what other activities are on offer and holiday closures please visit or contact the location directly.

#WeAreKnowleWest

ONLINE ADVICE AND SUPPORT SERVICES

You can find lots of local advisory services, free and low cost activities on the community website:

www.knowlewest.co.uk/support-and-advice/



Information for Bristol Residents on a dedicated Cost-of-Living support page:





www.bristol.gov.uk/residents/people-andcommunities



	VEST WH	1 0x 0 % 0x		All venues have disabled acces		
LOCATION	DETAILS	MONENY.	TVEEDAY	WEDNESDAY	THURDSAY	FEIDAY
	VOUCHER ON REVERSE. DROP-IN, EAT, CONNECT, BOINGI Soft play for under 5s	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pi
ILWOOD LIBRARY	PCs, INFORMATION POINT, NO FUBLIC TOLLETS, ORD.D.A.CTIVITIE, WHETHING GROUP & HISTORY SOCIETY	10am - 3.30pm	CLOSED	10am - 3.30pm	CLOSED	10am - 3.30pm + Sat till-2pm
	QUALITY FOOD AT LOW PRICES MEMORIFIER ET, WEEKLY SHOP WORTH APPROX ETIG-15 FOR ELSE				12.30- 2.30pm	1.30-3pr
	CREATIVE ART GROUP SUPPORTING PEOPLE WITH MELD-MODERATE MENTAL HEALTH ISSUES		ART EASE			
	ACCESS TO PCs, SUPPORT USING COMPUTEIS, ARTS & CRAFTS			10am - 3pm		11am-3p + activity
	DROP-IN, EAT, CONNECT	11am - 2pm				
NOVERS PARK COMMUNITY & 🔶	VOLICHER ON REVERSE. DROP-IN, EAT, CONNECT		9-11.30am			
REDCATCH COMMUNITY	DROP-IN, EAT, CONNECT. KNITTING CLUB & COMMUNAL WORK STATIONS					12-4pm
REDCATCH COMMUNITY	DROP-IN, BAT, CONNECT		12- 13.30pm			
RE:STORE	FURNITURE REUSE PROJECT, VOLUNTEER REPAIR CAFE					2-4pm
ISING HIGH MEN'S BAKING CLUB	MEN ONLY, COOK & SAT TOGETHER				9am-12pm	
ALVATION ARMY ADSTOW ROAD 0117 963 1665	DROP-IN, EAT, CONNECT, PODDRANCE, PRANCE, EMPLOYMENT & HOUSING SUPPORT	11am-1pm				
T BARNABAS CHURCH	DROP-IN, EAT, CONNECT, KNETTING CLUB		F	12.30-2pm POCO BANK 0808 208 2138	10am-2pm	
HE HUB HELVIN SQUARE OTEN OTE EN T	COOK WITH TREE INGREDIENTS & LIVING ROOM. LAST ENTRY 1pm					11am-3p
THE PARK CAFE V	VOUCHER ON REVERSE	8.30am- 3.30pm	8.30am- 3.30pm	8.30am- 3.30pm	8.30am- 3.30pm	8.30am 3.30pm

Parent Buddies – Support Group

arent

Would you like to ...

Parents.

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

We can provide a Parent Buddy who can meet with you once a week for up to 6 weeks to give you a listening ear and support you to find solutions to the challenges you are facing. This is a completely **free** service for any parents or carers. For more information and to sign up for a Parent Buddy please contact us using the details below, or scan the QR code.



Bristol Drugs Project – Support for Parents

Parents! WORRIED ABOUT YOUR CHILD USING ALCOHOL AND OTHER DRUGS THIS SUMMER?

Summer holidays are a time for fun and activities for young people, but it does mean a lot more time away from adult eyes. If you are worried that your child might be drinking or using drugs this summer we are here to help.

We can meet with your young person flexibly, promptly and in a place that suits them. We can discuss their use with them and guide them to access further support if they need it.

This can be a tricky period for you as a parent too, so we can also support you to access help through our partner organisation DHI's Family Support and Webfam services.

^{Call:}0117 987 6008

Email: info@bdp.org.uk

Crimestoppers

Cannabis cultivation is harming your community

Criminals don't care who they exploit, or about the violence and damage they bring to our communities.

They destroy lives whilst pursuing vast profits.

You can speak up and remain 100% anonymous. Always. CrimeStoppers. 0800 555 111 100% anonymous. Always. crimestoppers-uk.org

Beloved – Support Service

BELDVEDS

We offer a friendly, nonjudgemental and confidential service for women working in the indoor sex industry in Bristol.

If you would like to access practical and emotional support or just need a listening ear, please contact us on the details below.

> Call or Text: 07541366577 Email: info@beloved.org.uk

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships

Do you have a child or children aged between 8 and 14? Do you find it hard to get on with your partner or your ex? Do you frequently argue or shout at each other? Or have you stopped talking to each other because it's too difficult? If so, then this SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Bristol who:

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have a child aged 8-14
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are getting into conflict with a partner or ex-partner

are willing to try something new to help reduce their conflict.

This project (called SIPCo) aims to help you learn how to reduce the amount of conflict between you and your partner, or your ex.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

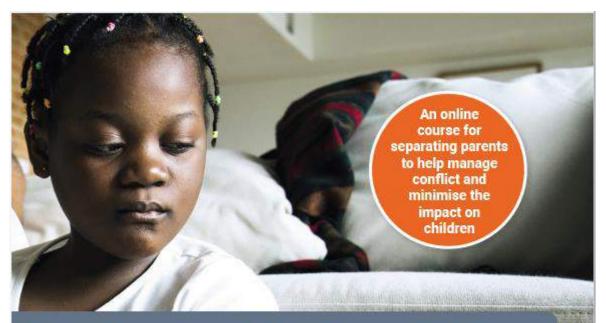
In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

If you are interested, please get in touch using the details below. Referrals are open now.

Gina Pazienza

Email address: relationshipsmatter@bristol.gov.uk

One Plus One – Getting it Right for Children



Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- Getting it right for children is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



One Plus One – Arguing Better

An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- Arguing better is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



One Plus One – Debt and Relationships



Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.





To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code



Northern Slopes & Springfield Community Allotments – Summer Nature Celebration



SUMMER NATURE CELEBRATION

NORTHERN SLOPES & SPRINGFIELD COMMUNITY ALLOTMENTS THURSDAY 27TH JULY 3-7PM



DO YOU LOVE NATURE AND GREEN SPACES?

Whether you are a nature lover, gardener, someone who works in green spaces or just curious to explore your neighbourhood more we welcome you to join us for this summer celebration of nature and green spaces in Knowle West. Families and children are welcome!

TIMES

3:00 - 4.30 pm Nature Walk led by Avon Wildlife Trust 4.30 - 5.30 pm Nature and Wellbeing activities 5.30 - 7:00 pm Summer Feast

We will meet at Springfield Community Allotment Car Park at 3 pm between 50 - 52 Andover Road Knowle Bristol BS4 1AJ

This event is free, RSVP via Eventbrite or call <u>0117 903 0444</u> https://nature-celebration-27-july.eventbrite.co.uk













BART - South Bristol Rivers Talk

South Bristol Rivers Talk

Join Bristol Avon Rivers Trust (BART) to learn more about BART, south Bristol's Rivers, the results of our recent surveys of the Malago, Pigeonhouse Stream and Collitors Brook, and plans for the future.

- When: 6:30pm to 7:30pm
- Where: Ashton Vale Community Centre
- Date: Wednesday 19th July 2023



Step into schools Do you want to work in a school as a:

Teaching Assistant?

Lunchtime Assistant?

Enrolling for September 2023! Contact : Nel Parker - NParker@wea.ac.uk 07917837229

Study with us!

Join classes to learn about how to work in schools and get experience working in a school for FREE*







What is Step into schools?

Step into school is a **free*** programme of learning that gives you skills and experience you need to work in the education sector. Free for eligible learners*

You'll learn about:

- Special Education Needs (SEND)
- Safeguarding
- How to get ready to work in a school

You'll take exams and get certificates in:

- Award in Mental Health Awareness
- Award in Meeting Needs of Learners with ADHD
- Award in Support Work in Schools

You'll get:

- Work experience in a nursery or school - we can pay for your DBS!
- One-to-one support for CVs and interview preparation
- Childcare and transport support

WHEN?

September – December 2023 January - July 2024 Monday – Friday 09:30 - 12:00 and/or 12:30 -15:00 (Childcare available)

WHERE?

BS2 8QH

Enrol today!

Contact : Nel Parker -NParker@wea.ac.uk Text/WhatsApp 07917837229

Or come visit at: WEA, 7 York Court, Wilder Street BS2 8QH



Bristol Libraries – IT Buddy Support



IT Buddy Support

Bedminster Library - Monday 5:30pm-6:30pm, Wednesday 5:30pm-6:30pm & 1st Friday of every month 11:30am-12:30pm Bishopston Library - Saturday 2pm-3pm & Thursday 2pm-4pm Central Library - Monday 11am-12pm, Wednesday 2pm-3pm Fishponds Library - Tuesday 11am-12pm Henbury Library - Wednesday 3pm-5pm Henleaze Library - Alternate Tuesdays 2pm-4pm Horfield Library - Saturday 3:30pm-4:30pm Junction 3 Library - Tuesday 2:30pm-4:30pm Sea Mills Library - Wednesday 2pm-4pm St George Library - Tuesday 10:30am-12:30pm St Paul's Library - Saturday 11:30am-12:30pm Westbury Library - Wednesday 1pm-3pm

IT Support sessions are FREE!

Do you need support with writing an email or filling in an online form? Come to one of our 1-1 IT Buddy sessions!



Please contact your local library for more information



BS13 Sharing Circle

Do you have a story that you would like to share with others?



Just want to talk and be heard in a

supportive environment?

ARE YOU INTERESTED IN BEING PART OF A NEW LISTENING CIRCLE?

A PLACE WHERE WE CAN SHARE OUR STORIES AND LISTEN TO OTHERS.

THIS ISNT A THEREPY SESSION - IT'S A CHANCE TO GET TO KNOW OTHER PEOPLE IN YOUR AREA IN NATURE IF YOU ARE INTERESTED IN LEANRING MORE PLEASE CONTACT: BS13SHARINGCIRCLE@GMAIL.COM SEND and You – Local Offer

Thinking about reaching out?

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

SEND and YOU

Bristol's Local Offer

Independent advice and support service for special educational needs and disabilities 0117 989 7725 www.sendandyou.org.uk support@sendandyou.org.uk



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







Sign up to the mailing list

FLORA

Families Local Offer Resources and Advice: A free helpline for early support with your childs additional needs 0117 352 6020 flora@bristol.gov.uk



The person responsible for SEN, normally referred to as the SEND Coordinator or SENDCo

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

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

Services and opportunities for young people

LPW – Detached Youth Sessions

Detatched youth

engagement sessions

Monday - Hartcliffe - 1pm- 4pm Ollie - 07717816839

Tuesday - Withywood - 10am-12pm

Lauryn - 07769956019

Friday - Knowle (in partnership with Streetspace) 1pm-4pm

Lauryn - 07769956019

Positive engagement session for young people in the community



Young Bristol – Holiday Clubs



Our Holiday Clubs for 8 – 19 year olds are located in many areas across Bristol. During the school holidays our Community Youth Clubs and Outdoor Activities Team run open access sessions during the daytime.

OUTDOOR ACTIVITY HOLIDAY CLUBS

Our Outdoor Activity Programme are running half day and full day Holiday Clubs for young people ages 8 – 16 years old. The Holiday Clubs take place across our Pooles Wharf Activity Centre and Sea Mills Boys' and Girls Club.

COMMUNITY YOUTH CLUB HOLIDAY CLUBS

Our city-wide Community Youth Clubs provide Holiday Clubs for children and young people ages 8 – 19 across Bristol, with a focus on those who receive free school meals.

The FREE Holiday Clubs include a programme of activities and workshops and the opportunity for young people to have fun with their friends!

BOOKING ESSENTIAL

Ashton Vale Club for Young People

BS14 Stockwood Youth Club

The Grove @ Bedminster Down

JUST TURN UP!

Youth Club On Wheels – Stockwood Pump Track

Youth Moves – Break Free

Break Free @YOUTH MOVES The Park Centre Bristol BS4 1DQ

Break Free is part of a Bristol wide project called Feeding Bristol. In partnership with Community of Purpose, we run a programme that delivers a range of accessible activities at the same time as alleviating holiday hunger. This takes place at the Park Centre. Whilst delivering these fun & inspiring sessions, our trained staff will also provide the young people with breakfast & lunch so that they get at least two meals throughout the day. Only during school holiday time:

> contact: 0117 363 4969 info@youthmoves.org.uk

BDP – M32 Support Group



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

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

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

Please contact us if you want more information, or to refer a OU young person, on: 2016

117 987 6009

BDP - New Leaf Cannabis Advice and support



This project is supported by the CHK Foundation.



The Princes Trust – Volunteering Opportunities



VOLUNTEERING OPPORTUNITIES

We are currently recruiting in Bristol for: <u>Outreach Volunteers,</u> <u>Delivery Support Volunteers,</u> & <u>Mentors</u>

Volunteers are at the heart of everything we do. The Prince's Trust couldn't function without the support of thousands of volunteers across the UK, who are able to offer a vital network to young people facing significant barriers to jobs, education or training.

These roles are all open to anyone looking to support young people, grow their skills and experience and get trained with The Prince's Trust.

Please share these opportunities with your networks if you are able.



Apply here:











CONTACT US CONTACT US Princes-trust.org.uk 0800 842 842