



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

South Bristol Children's Centre's – New Year Timetable

Group Services and Information

Nurture Programme 10 Weeks Parenting Puzzle 5 Weeks These Parenting courses are designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy self-esteem and support positive relationships. Suitable for parents and children aged 2-11 booking required.	RockaBye A small 10 week group for parents and babies to enable secure attachment to grow. Meet other parents, time to talk with knowledgeable staff and enjoy interactive activities together. Recommended for pre-crawling babies only. Booking required. For more details contact Deb 0117 9781028
Infant Feeding A chance to get advice and support around feeding and what works best for parent and baby.	Toddler Yoga For parent and child to engage in fun and movement through stories.
Boogie Disco For parents and children to come along and have fun through movement and dance!	Tots Talking For tots talking to help improve your child's speech and language to get a heads start at Nursery. This course is 8 weeks long
Stay & Play Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week and learn more about other services available to you. Suitable for children aged 0-5 No booking required.	Baby Hub A chance to see the Health Visitor for advice and get your baby or toddler weighed. Also breastfeeding support and the Children's centre team are on hand to share information. Suitable for parents/carers of children under 5. Drop-in – no need to book
Baby Group Come along and join in our Baby sensory play session and meet other parents/carers in your local community. A different sensory activity every week. Suitable for non-walkers. No booking required.	

Please scan QR Code
 Facebook..

Please scan QR Code
 Website..

South Bristol Children's Centre's Timetable 2nd January to February 2024

Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.

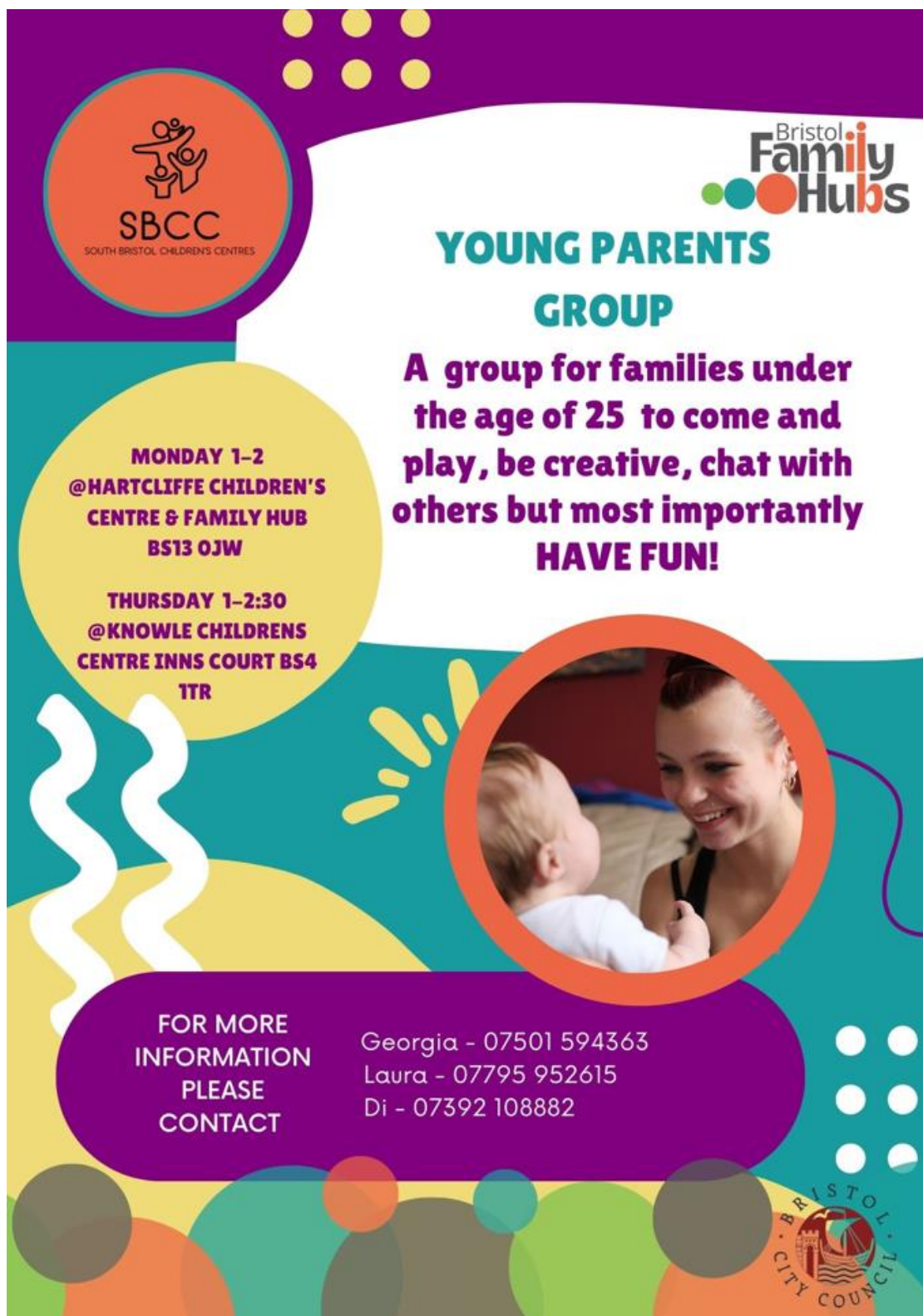
To access our services just pop in and see us, give us a call, send an email or check out our Facebook pages or website.


Facebook: [southbristolchildrenscentrehub](https://www.facebook.com/southbristolchildrenscentrehub)
 Email: sbcc@bristol.gov.uk
 Website: www.southbristolcc.org.uk


Hartcliffe Hareclive Road BS13 0W 01179 038633	Knowle 1 Marshall Walk BS4 1TR 01173 532096	Bishopsworth 2 Lakemead Grove BS13 8EA 01179 781028	Stockwood Whitlock Road BS14 8DQ 01173 533503	Bedminster British Road BS3 3BZ 01173 746362
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South Bristol Children's Centre Winter/New Year Timetable 2024

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Hartcliffe	Boogie Disco 9:30 – 10:30 Toddler Yoga 11:15 – 12:00 Under 25 Parents Group 1:00 – 2:30	Parenting Puzzle 9:30-11:30 Welcome to the World Antenatal to book call Jola on 07385 001939 4:00-6:00 pm English 10.00-11.30 Conversation club 10.00-11.30 ESOL 12.30-2.30 Childcare 12.30-2.30 Please call 01172-510230	Baby Hub 9:30 – 10:30 Milky Way, Infant Feeding Group 10:30 – 12:00 Mothers for Mothers Tbc (invitation only)	Rainbows Stay and Play for SEN Children 9:30 – 11:30 Circle of Security 9:30-11:00 Book now with Kim on 01179-038633 Baby Group 1:30 – 2:30 Parent & Infant Art Therapy Group 1:00-2:30 Call To book: 01179 359366	Stay & Play 9:30 – 11:00
Knowle	Stay and Play 1:00-2:30	Baby Hub 9:30 – 11:00 Scales available until 10:30. Milk Tots, Infant Feeding Group 11:15 – 12:45	Nurture Programme Ilminster Avenue BS4 1BX 9:30-11:30 Childminding Group Knowle Nursery school BS4 1NN	Baby Group including sing and sign 10:00 – 11:00 Food Club 12:30 – 2:30 Under 25 Parents Group 1:00 – 2:30	
Stockwood	Baby Group (including Sing & Sign) 10:00 – 11:00 Health & Social Care course 12.30 – 2.30 Please call 01172-510230	Food Club 9:00 – 10:00 Baby Hub 1:30 – 2:30 Whitchurch 1st & 3rd of the month Stockwood 2nd & 4th of the month	Childminders 9:30 – 11:00 Roots to Wellbeing Group 1:00 – 4:00	Stay & Play 9:30 – 11:00 Gardening Group 1:00 – 3:00	Gym Tots 1:30 – 2:30 @ St Bernadettes School BS14 9HU
Bishopsworth	Childminding Group 9:30 – 11:00	Baby Hub 9:30 – 10:30 Milky Way Infant Feeding 10:30- 12:00	Baby Group 9:30 – 10:30		Stay & Play 9:30 – 11:00
Bedminster	Redcliffe Stay & Play 9:30 – 11:00 Childminders 9:00 – 11:00	Baby Group 1:30 – 2:30	Stay & Play 9:30 – 11:00 Redcliffe Food Club 1:00 – 3:00 Faithspace BS1 6PB	Baby Hub 10:00 – 11:30 Infant Feeding Group 10:30 – 12:00 Rockabye 1:00-2:45 Starts 25th Jan Email clare.beckell@nhs.net	ESOL am Please call 01172-510230







YOUNG PARENTS GROUP

**A group for families under
the age of 25 to come and
play, be creative, chat with
others but most importantly
HAVE FUN!**

MONDAY 1-2
@HARTCLIFFE CHILDREN'S
CENTRE & FAMILY HUB
BS13 0JW

THURSDAY 1-2:30
@KNOWLE CHILDRENS
CENTRE INNS COURT BS4
1TR

**FOR MORE
INFORMATION
PLEASE
CONTACT**

Georgia - 07501 594363
Laura - 07795 952615
Di - 07392 108882



Robins Foundation – Disability Football Sessions



Name: Gary Bell

Email: gary.bell@bcfc.co.uk / robinsfoundation@bcfc.co.uk

Phone: 0117 963 0636

The official charity of Bristol City utilises the inspirational power of football and the club badge to build lasting relationships and improve lives in the local community.

At the Robins Foundation, we work with a variety of organisations to provide the best possible opportunities and to make football as accessible as possible.

All our coaches are experienced in working in disability football. There is no need to sign up in advance, simply turn up and get involved. Project Inc. provides an opportunity for young people and adults with disabilities to participate in fun activities, and develop their fitness, and football skills whilst creating long-lasting friendships. We strive to make football available to everyone. No matter your experience or ability everyone is welcome. If you are an organisation or school and would like to work with us, please get in contact.

COST: FREE

Some possible services:

Youth Pan Disability Football and multi skills (all abilities, ages 5-18)

Adult Pan Disability Football (16+)

Sensory Football (term time only, age 5-16) currently in Warmley, moving to Imperial (Hengrove)

Locations: Ashton Park Sports Centre (BS3 2JL), Imperial Sports Park South Bristol (BS14 9EA), Bridge Learning Campus (BS13 0RF)

To discuss what project may be the most suitable, please do contact us.

SHOULD you require any additional information on these sessions, please contact the Robins Foundation on 0789 9991 983 or email: robinsfoundation@bcfc.co.uk

Youth Moves – Community Youth Clubs



Email: info@youthmoves.org.uk

Phone: 0117 363 4969

Website: [Youth Moves](https://www.youthmoves.org.uk)

About Us

Youth Moves is here for the young people of South Bristol. As a youth-driven charity, we deliver the best for young people through our outstanding youth work. We help and encourage individuals to live their best lives -to feel safe and to be themselves, to be happy and have fun, to grow and be confident. We give young people a voice and make sure they're heard.

Our youth clubs offer positive, purpose-built spaces in the heart of South Bristol where young people can meet, take part in a range of activities and get involved in projects that benefit the wider community.

We also provide targeted youth work and a mentoring service on a one-to-one level tailored individual needs. We work closely with schools to offer additional support where necessary and reach out and engage with young people in our neighbourhoods.

Youth Clubs:

Juniors Club in Knowle West (8-11) @ The Park (BS4 1DQ)

Inters Club in Knowle West (11-14) @ The Park (BS4 1DQ)

Seniors Club in Knowle West (13-19) @ The Park (BS4 1DQ)

LGBTQIA+ Club in Knowle West (13-19) @ The Park (BS4 1DQ)

COST: FREE

Youth Voice: Youth moves believe it is important that young people are heard by decision makers and have a real say in the places where they live. We run a weekly group where young people can develop the skills and confidence they need to make this happen, and support young people to take their views and opinions forward to decision makers within the organisation, locally, city wide and nationally.

Mentoring: matching young people with appropriate mentors based on experience, skills, interests, hobbies, and personalities.

Coming Soon in 2025

Youth Moves is planning to open a Youth Zone in South Bristol sometime in mid/ late 2025.

A Youth Zone is a multi-million state-of-the-art youth centre that offers incredible opportunities for young people aged 8-19 years old (and up to 24 for those with additional needs).

It will include a music recording studio, training kitchen, climbing wall, sports hall, arts & crafts room, boxing studio, fitness gym, sensory room, training rooms, outdoor kick pitch, dance studio and much more.

If you are interested in finding out more please get in touch with the team!

Youth Moves – Young People Needed for 224 Youth Zone



**YOUNG PEOPLE
NEEDED**

**BE PART OF THE YOUTH DEVELOPMENT GROUP.
AN EXCITING NEW PROJECT TO ADVISE AND
GIVE IDEAS ON THE NEW 224 YOUTH ZONE BEING
BUILT**

AREAS OF WORK INCLUDE:

- VISIT OTHER YOUTH ZONES
- DESIGN THE INTERIOR
- INTERVIEW STAFF
- PROGRAM PLANNING

MEET EVERY OTHER MONDAY 5:30-7PM

www.youthmoves.org.uk
Call/text/whatsapp - 07595 197436
Email - denise.clifford@youthmoves.org.uk

SIGN UP NOW



JUNIORS YOUTH CLUB



Open to all young
people aged 8-11

- › Thursdays
- › 3.45-5.15pm
- › The Park



www.youthmoves.org.uk



INTERS YOUTH CLUB

FREE

Open to all young
people aged 11-13
(Yr7 - Yr9)

- › Fridays
- › 6-8pm
- › The Park

MORE
INFO

- › 0117 903 9796
- › info@youthmoves.org.uk



www.youthmoves.org.uk



SENIORS YOUTH CLUB



Open to all young
people aged 13-18

- › Wednesdays
- › 6.30-8.30pm
- › The Park

MORE
INFO

- › 0117 903 9796
- › shakira.evans@youthmoves.org.uk



www.youthmoves.org.uk



LGBTQ+ YOUTH CLUB

FREE

Open to all LGBTQ+
young people
aged 13-18

- **Tuesdays**
- **5-7pm**
- **The Park Centre,
Daventry road
BS4 1DQ**

**MORE
INFO**

- 0117 363 4969
- info@youthmoves.org.uk



www.youthmoves.org.uk





Music Production Sessions

Tuesdays 4:30-7:30

Learn new skills in creativity and
music production.
Record a track.
Song writing and beat making.
Mixing.
Filmography.

Please make contact with Joel
to book a 1-hour slot.
07720814453
joel.barnes@youthmoves.org.uk

Young Bristol – Community Youth Clubs



Contact: Will Payne (Youth and Community Development Lead)

Email: wp@youngbristol.com

Website: [Home - Young Bristol](http://Home-YoungBristol.com)

Will is keen to come into the practice to discuss Young Bristol's work and what is on offer.

Young Bristol is a youth-driven charity that works to offer a choice of opportunities and experiences for all young people. Our community youth clubs for 8- to 19-year-olds offer a safe and inclusive environment, staffed by caring, trained adults. Our clubs provide creative, sports and inspiring activities and opportunities. Most importantly, they are spaces for young people to make lifelong friendships and have fun!

Locations in South Bristol:

Ashton Vale Club for Young People (BS3 2QE)

BS14 Stockwood Youth Club (BS14 8SJ)

Hartcliffe Club for Young People (BS13 9AN)

The Grove @ Bedminster Down (BS13 7EN)

Cost: £1 subs

Age: 8+

Hartcliffe & Withywood Community Partnership – Free BS13 Activities

January - February 2024

(Term Time Only)



Free BS13
Activities
for
Young People

www.hwcp.org.uk



Location	Monday	Tuesday	Wednesday	Thursday	Friday
HWCP Community Room Symes Resource Centre, Hartcliffe, BS13 0BE	Social Action Group Age 12 to 16 5:00pm - 6:00pm	Lego Legends for families 3:30pm - 5:00pm	Hart Attack for families 3:30pm - 5:00pm	Out of Tune Family Drop In 4:00pm - 5:00pm	
Hartcliffe Club for Young People (HCYP) Gatehouse Ave BS13 9AE	Youth Club Age 12+ 5:30pm - 7:30pm	Club Adapt (Special educational needs) Age 8+ 6:00pm - 8:00pm		Youth Club Age 12+ 6:30pm - 8:30pm	Inters Club Year 7 & 8 Students 6:00pm - 8:00pm
Hareclive School Moxham Drive BS13 0HP		Community Football Ages 8 to 16 4:15pm - 5:15pm			Robins Junior Football Age 6 to 12 4:30pm - 5:30pm
Merchants Academy Hareclive Road BS13 9JW	Robins Girls Football Foundation Age 6 to 16 4:00pm - 6:00pm		Wicketz Cricket Age 8 to 16 4:30pm - 5:30pm		
Bridge Learning Campus William Jessop Way BS13 0RL			Robins Disability Football Age 8 to 18 5:00pm - 6:30pm		Robins Senior Football Age 12 to 16 6:00pm - 7:00pm
The Big Hideout Teyfant Road BS13 0RF			The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Over 8's only 3:00pm - 5:00pm
Venture Academy Withywood Rd BS13 9AX				Multi sports Age 7 to 11 3:20pm - 4:20pm	
FixX Bike The Grove BS13 0AF		Bike Workshop Age 11 to 25 10:30am - 5:30pm			

Working in partnership with:





KWMC YPP February Half Term 2024 interest form: 12th-14th February 10-3

February Sound Wave Holiday Programme - Get stuck into an exciting project surrounding podcasting, music production and recording. All levels are welcome - this is three days of creative fun where young people will take away their own recorded piece of music and podcast.

To register your child's interest in attending the holiday programme please complete this short form. If you have any problems with this form, please email youngpeople@kwmc.org.uk or call 0117 903 0444.

Please note you will be asked to also fill out a registration form if this is the first time the young person will be joining us.

Sign up form: <https://airtable.com/appFfvPXVgnwjfPJO/shrbJ3JkqInYclJLx>

*Services and
opportunities
for
Parents/Carers*

Changes Bristol – Mental Health Peer Support Groups



**Let's talk
about mental
health**

We understand that no one should have to face difficult times alone.

That's why we provide peer support groups and befriending for anyone aged 18 or over, offering a safe and friendly space where people can talk about any worries they might have.

There is no referral required, so you can join at any time, and you don't have to have a diagnosis to join our groups. Simply turn up to one of our meetings, sign up online, or call us to find out more.

www.changesbristol.org.uk
info@changesbristol.org.uk
0117 941 1123



Peer Support Groups South Bristol



Mondays

Ashton Vale, 1-3pm
Ashton Vale Community
Centre, BS3 2QY

Wednesdays

Knowle, 1.30-3.30pm
Redcatch Community Centre,
BS4 2EP



Telephone Befriending Service



Changes Bristol also offers weekly telephone support for up to 6 months for people living in Bristol who may be feeling isolated and/or need help maintain their mental wellbeing.

We know it is so important to have someone to talk to about how you are feeling, what is going on in your life and what challenges you may be facing. Changes Bristol match people with trained volunteer befrienders who will arrange weekly phone calls to see how you are doing and offer a friendly non-judgmental ear.

If you feel that someone who is accessing your service could benefit from a weekly chat with a friendly volunteer to maintain good mental health please get in touch with our befriending team. It is important to note that it is not a crisis service, counselling service or advice line.

To access the befriending service or find out more visit the website:
www.changesbristol.org.uk or email the team at: befriending@changesbristol.org.uk

NHS Vita Health – Talking Therapies for Parents & Carers



Embracing Wellness: The Power of NHS Talking Therapies for Parents and Carers

In the whirlwind of parenthood, the journey of raising children can be both immensely rewarding and profoundly challenging. The responsibilities and demands placed on you as parents and carers can often lead to stress, anxiety, and a multitude of emotions that can be difficult to navigate alone. Recognizing the importance of mental well-being in the parenting journey, NHS Talking Therapies can help you to work through your worries and concerns and feel better in yourself.

A Compassionate Ear:

Parenthood is a rollercoaster of emotions, and sometimes, a listening ear can make all the difference. NHS Talking Therapies provide a platform for parents and carers to openly discuss their thoughts and feelings with a trained professional who understands the unique challenges they face. This compassionate and non-judgmental support can be pivotal in helping individuals navigate the complexities of parenting and caregiving.



"I found the therapy so helpful. I have suffered with Anxiety my entire adult life but since completing this therapy I feel so much better going forwards."

Tailored Support:

Every parent and carer is unique, and so are their experiences. The NHS Talking Therapies program offers personalized support, tailoring therapeutic interventions to address the specific needs and concerns of each individual. Whether it's managing stress, dealing with sleepless nights, or coping with the demands of caregiving, the therapy sessions are designed to provide practical strategies that work for each person's circumstances.

"I started my therapy in real need of help managing my anxiety and depressive symptoms - thanks to the sessions I now feel confident that I can regulate these feelings myself, not only in the present, but in the future too. I am in a much better place and feel positive about the year to come."



Building Resilience:

Parenting comes with its share of ups and downs, and the ability to bounce back from challenges is crucial. NHS Talking Therapies empower parents and carers to build resilience, equipping them with the tools to cope with stress, uncertainty, and the inevitable curveballs life throws their way. By fostering emotional strength, the program enables individuals to navigate parenthood with a greater sense of confidence and self-assurance.

If you are 16 or over and live in Bristol, North Somerset or South Gloucestershire we can support you by providing the tools you need to get like back on track.

Contact us today – it is a free and confidential service

<https://bit.ly/TalkingTherapiesBNSSG>

0333 200 1893

Text "YOU" to 88802

Mothers for Mothers – Antenatal & Wellbeing in Pregnancy Group

Antenatal and Wellbeing in pregnancy group



Are you currently pregnant and experiencing anxiety, depression, distress and/or isolation?



Come and join us in a safe and welcoming space to access:

Antenatal, birth & postnatal information with a strong focus on mental health and emotional wellbeing

- **Ask questions and discuss topics without judgement**
- **Connect with other women with similar experiences**

TO JOIN US, PLEASE CONTACT REBECCA RICE AT:
HOMEVISITING@MOTHERSFORMOTHERS.CO.UK



Helpline: 0117 935 9366 Mon - Fri 10am -9pm
www.mothersformothers.co.uk
[@mothers_for_mothers](https://www.instagram.com/mothers_for_mothers)
[@m4mbristol](https://www.instagram.com/m4mbristol)

 **mothers
for mothers**
perinatal mental health support

NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

Mothers for Mothers – Parent and Infant Art Therapy Group

MOTHERS FOR
MOTHERS

CHLOE SPINDLOVE
LEAD ART PSYCHOTHERAPIST &
THERAPY COORDINATOR

PARENT & INFANT ART THERAPY GROUP

SCHEDULE FOR SOUTH BRISTOL CHILDRENS CENTRES - 2024

Sessions take place on Thursdays 1-2:30pm, with a total of 8 sessions

Hartcliffe Childrens Centre
Hareclive Rd, BS13 0JW
18th January-7th March 2024

Hartcliffe Childrens Centre
Hareclive Rd, BS13 0JW
28th March-16th May 2024

Bishopsworth Childrens Centre
2 Lakemead Grove, BS13 8EA
6th June-25th July 2024

Bishopsworth Childrens Centre
2 Lakemead Grove, BS13 8EA
29th August-17th October 2024

Bedminster Childrens Centre
British Road Entrance, BS3 3BZ
7th November-9th January 2025



If you are interested

Contact us at:

therapy@mothersformothers.co.uk OR 01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations.

Infants need to be aged between 3months-24months



Helpline: 0117 9359366



CHILD NUTRITION

Support with Food & Mealtimes

- Fussy Eating & Nutrition
- Online via Google Meet
- 2x group sessions + 1x 1:1s

Register for a free place now

Starts mid-March 2024

Fully funded - no cost

**THIS COURSE IS DESIGNED
FOR ALL PARENTS OF
CHILDREN AGED 2 – 11YRS.**



This course is run by Sofie Hope, former Food and Nutrition lecturer at Bath's Norland College. This course provides parents the knowledge and confidence to meet their child's nutritional needs.

The course includes tips and tools to take home and try out.

Parents will have the opportunity ask questions and receive tailored support during the groups sessions and in the 1:1 call after session 2.



Parentinghub.co.uk

contact@parentinghub.co.uk

07779086892



Mindfulness for Parents of SEND Children



Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers, which looks at how you deal with the stress and worry which comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows parents to notice how you habitually react when under stress and how practising mindfulness techniques can help you to regulate your emotions more effectively, including becoming more resilient during stress. Therefore, you will become more able to pause, soften, connect with your breath and be in the moment with whatever difficulty that may be here. And then to respond more calmly and appropriately.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

Online Mindfulness for Parents of SEND Children:

Day: Fridays 9.30 am - 12 noon

Dates: 3rd May - 12th July 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mpcp.bristol@gmail.com

Website: <https://www.mpcp.info>





Community Learning

Join our free courses to learn new skills, meet people, build confidence and work towards qualifications. We offer:

- Maths, English and ESOL (English for Speakers of Other Languages)
- Digital Skills
- Employability in Health and Social Care, Advocacy, Horticulture, Customer Service
- Wellbeing such as Cooking, Arts and Crafts and Family Learning

We have specific projects to target vulnerable groups. Get in touch with your local Development Worker to find out more and join the waiting list for January courses. Learners must be aged 19+.

Helen.richards@bristol.gov.uk
Catherine.landon@bristol.gov.uk

Lucy.fieldhouse@bristol.gov.uk
Bryony.sims@bristol.gov.uk



**COMMUNITY
LEARNING**

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

Make & Take



Make it for Market Crafting Course

Starts: Friday 23rd Feb – Friday 24th May

12.30 – 2.30pm

Stockwood Children's Centre, Whitlock Road, BS14 8DQ

Come and join this FREE friendly course. You will learn how to budget for as well as make a range of crafts and gifts suitable for selling at local markets. We will include advise around budgeting, creating a market stall, reseaching local markets and selling at markets.

For more information and to book please contact:

Catherine.landon@bristol.gov.uk

Phone: 07785 702454

Eligibility: Adults aged 19+, currently unemployed, with few or no qualifications



**COMMUNITY
LEARNING**

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



100 Women

This project aims to support women build their confidence and resilience in their personal development journey, as well as offering employability support where appropriate.

Eligibility criteria:

- Aged 19+
- Identify as female
- Live in a South Bristol postcode
- Not currently in paid work

Participants will have access to specialised personal development programme called Steps, 121 support and other courses such as First Aid, Sewing, Cooking and Food Safety.

Please contact us if you are working with women who meet the eligibility criteria to help us identify how we can support you and your project, compliment the work already happening in the community and build on existing support for South Bristol women.

Contact Helen, Lucy, Catherine and Bryony: 100women@bristol.gov.uk



STEPS Course

Thursdays from 22/02/24 – 16/05/24

10am to 12pm

Bedminster Quakers Meeting House, BS3 5HX

- Build your confidence and self esteem
- Think about your dreams, skills, and ideas
- Learn tools to help you stay calm, manage stress, or worries and begin to plan what you want to do next
- Begin to put some of your STEPS in place to make things happen
- 121 support during and after the course to continue your STEPS

Contact: bryony.sims@bristol.gov.uk

Phone: 07721 512583

Eligibility: Adults who identify as female, aged 19 years plus who are looking for work and claiming Universal Credit



**COMMUNITY
LEARNING**

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



**English Classes in
Redcliffe and Bedminster**

Want to learn English (ESOL) in Redcliffe or Bedminster?
Get in touch to speak to Bryony about future courses.
Call 07721 512583 or email Bryony.sims@bristol.gov.uk
Aged 19+ only. Those who are claiming a means tested benefit
or have low educational qualifications will be prioritised.

 **WEST OF
ENGLAND**
Combined Authority

 **COMMUNITY
LEARNING**

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



Thinking about the next step?

Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering.

Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.

Contact: adder_project@bristol.gov.uk

Eligibility: Aged 19+



**COMMUNITY
LEARNING**

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lctinfo@bristol.gov.uk
01172 510230

Bristol and South
Gloucestershire

New for
2024

peoplefirst 

Psychoeducational Courses

Course Title		Course Length	Course Information
Anger Management		8 Weeks	Learn about anger, how to manage angry feelings and relaxation techniques.
Anxiety Management		8 Weeks	Learn about anxiety and how to manage anxious thoughts and feelings.
Grief and Bereavement		3 Weeks	Learn about death, the grief cycle and ways of coping with loss.
Relationships		6 Weeks	Learn about different types of relationship and how to set boundaries.
Self-Esteem		4 Weeks	Learn skills to feel more confident and assert yourself.
Social Skills		6 Weeks	Learn how to communicate appropriately and socialize with others.
Health and Well-being		6 Weeks	Learn to make healthy decisions to look after your body and mind.
Sex and Consent		4 Weeks	Develop safe emotional and sexual relationships and know the law.

When you complete a course you will be invited to a Peer Support Group to help recap what you have learnt.

Empowering voices.

Enabling choices.



Instructor - Yara Awarke
07475929670
yara.awarke@nspf.co.uk

Knowle West Alliance – Free Community Training Programme

FREE COMMUNITY TRAINING PROGRAMME

WINTER 23 / 24



LEARNING TOGETHER
BUILDING CONNECTIONS

Sessions open to all local residents,
workers and volunteers

- ✓ Wide variety of topics
- ✓ Locations across Knowle West
- ✓ Facilitated by professional trainers
- ✓ Learn new or refresh skills
- ✓ Connect with others
- ✓ Certificates of attendance available

book on
Eventbrite



New dates confirmed regularly

knowlewestalliance.co.uk/training

facebook.com/KWAlliance

For enquiries, please contact us:

info@kwalliance.co.uk

KWA Facilitated Training Provisions 2023-2024

Thrive Bristol Champions workshop Train the Trainer	Equip you to deliver a basic 90-minute workshop on understanding mental health and wellbeing. Suitable for: People who can roll out the workshop to large numbers of community members. It is suggested that attendees plan now to deliver their first workshop soon after the training to embed the learning	Thursday, February 22, 2024	09:15-13:45	The Park Centre
Intro to Community Development (ABCD) Part 1	How to build a stronger community. This is a 2 part course, you must book tickets for both sessions 14th and 21st March 2024 to complete the course. Suitable for: Active residents, people involved in community groups or working/volunteering	Thursday, March 14, 2024	09:15-13:15	The Park Centre
Intro to Community Development (ABCD) Part 2	As above	Thursday, March 21, 2024	09:15-13:15	The Park Centre

HWV – The Gatehouse

The banner features a purple and teal wavy header. On the left, there are logos for HWV @ The Gatehouse and City of Bristol College. The main title 'HWV THE GATEHOUSE NEWSLETTER' is in large white letters on a teal background. Below this, a white box contains the text 'Employment – Enterprise - Education' and a paragraph about the newsletter's content. To the right is a photograph of 'The Gatehouse' building. A purple box lists 'SHORT COURSES FOR ADULTS INCLUDE' with four items. Below this, a teal box lists 'OTHER COURSES WE OFFER' with four categories: Maths and English, Computer, Personal Development, and a Course for Work and Life, each with a brief description. The footer is a teal bar with contact information.

 **HWV**
@ The Gatehouse

 CITY OF
BRISTOL
COLLEGE

HWV THE GATEHOUSE
NEWSLETTER

Employment – Enterprise - Education

This newsletter will give you the latest information on things happening at HWV - The Gatehouse. We offer courses for adults and 16-18yr olds, as well as having a nursery and café.

SHORT COURSES FOR ADULTS INCLUDE

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

Online Job search and CV writing
Craft course

OTHER COURSES WE OFFER

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

COMPUTER COURSES
Accredited and recognised ICT qualifications from Entry up to level 1. Using Microsoft software, emails and online search which give learner's office skills as well as skills for life and sustainable employment. These courses are roll on roll off courses and start weekly

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

A COURSE FOR WORK AND LIFE
An 11-week course 2 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics

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

WHAT'S ON @ HWV THE GATEHOUSE



A2A Youth Training

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

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

The Gatehouse Nursery

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

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



The Gatehouse Café

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

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

Eat in or Take-away available. **Everyone welcome!**

Winter warm Drop-In
Advice on lowering energy bills
Free £15 energy saving pack
Thursday 10 - 12



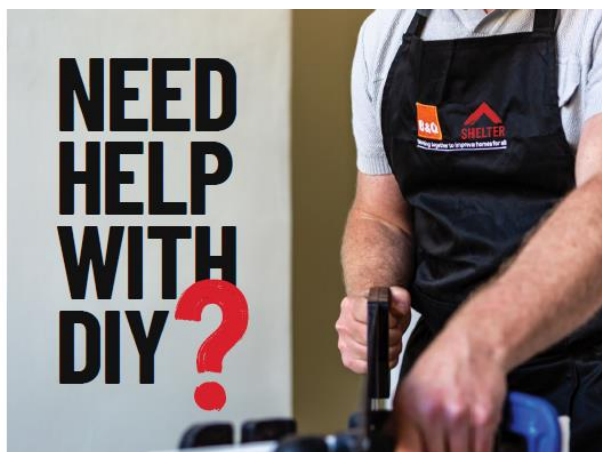
Family Hub Drop in
Advice for families on a range of things.
Thursday 9 - 11



Shelter – DIY Skills Advisor

Shelter exists to defend the right to a safe home.

Thanks to our partnership with B&Q, the support and advice provided through our team of DIY Skills Advisers help turn unfit accommodation into comfortable homes.



Want to make your house feel more like home, but lacking the skills and tools?

We can help.

©Shelter, the National Campaign for Homeless People Limited 2021.
Registered charity in England & Wales (263710) and Scotland (SC002327).



How we can help

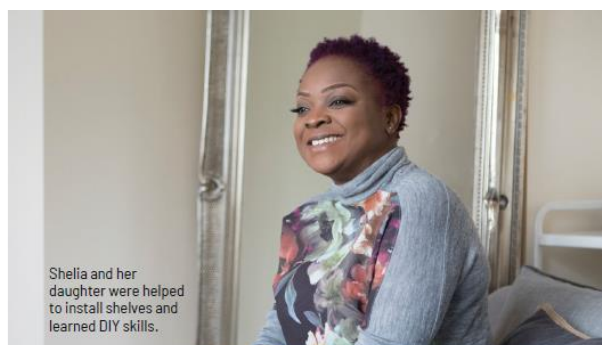
Our DIY Skills Advisers can help with housing improvements. By providing basic DIY training and hands-on help, we'll support you to turn a house in disrepair into a safe, comfortable home.

Here are some of the things we can help with:

- Painting and decorating
- Shelving
- Fitting of curtain rails, curtains and blinds
- Building furniture
- Fencing repairs & installation of gates
- Gardening and landscaping

We're not experts in everything, unfortunately we can't help with:

- Flooring or carpeting whole rooms
- Major plumbing, electrical work and gas maintenance
- Tree surgery or ongoing gardening work
- External or structural work



Get in touch

If you would like to find out more about the service, please get in touch.

Housing advice

For information and advice on general housing issues, visit: shelter.org.uk/housing_advice

You can also contact your local Shelter hub:

Email: adam_round@shelter.org.uk
Call: 07717701301



*Services and
opportunities
for young
people*

CAMHS & OTR - Mental Health Support Team (MHST)

Mental Health Support Team

Are you aged 5 - 18 or are a parent of a child this age?

Are you, or is your child struggling with mental health difficulties (e.g. stress, mild anxiety or low mood) and would like some help?

We are a new NHS initiative working in full partnership with OTR (Off the Record) and the Child and Adolescent Mental Health Service (CAMHS).

We offer individual therapeutic support and whole school activities, or approaches.

We are based in some schools in Bristol, North Somerset and South Gloucestershire, with an aim to have 50% coverage by 2024.

HOW CAN YOU ACCESS US?

1. Check we're in your school by following this link or scanning the QR Code: www.otrbristol.org.uk/what-we-do/mhst/
2. Speak to a trusted member of staff in your school and ask about us
3. With your consent they will talk to us, and if it sounds like we can help they will refer you to us



Schools are selected by a 'needs led' process by Public Health. If you want to know more about this we have a briefing document with more details that we can send you.

Get in touch:

mhstenquiries@otrbristol.org.uk



Community Children's
Health Partnership



NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

MusicSpace – Communication & Therapy Through Music



Name: Simon Leach (Senior Music Therapist)

Email: info@musicSPACE.org

Phone: 0117 953 1731

Address: Southville Centre, Beaufey Road, Bristol, BS3 1QG

We can work with clients who are non-verbal, have learning difficulties and have complex needs. In sessions we can accommodate support workers if needed in the session, or they can watch on video link from the adjoining music room. Our sessions are 1-1 therapy sessions with fully qualified HPC registered music therapists.

MusicSpace sees people for music therapy at our Bristol centre. We also provide an outreach service throughout Bristol, Bath & North-East Somerset, North Somerset, South Gloucestershire and Gloucestershire.

We work in many different settings see below for more information. We are always open to working in new places so please contact us to discuss.

Information for parents and carers

If you think your child would benefit from music therapy or you just want to find out more about what we do, then get in contact with us directly. You don't need to have a referral from an education, health or social care professional to have music therapy.

Once you have got in touch with us and you have talked to us about your child's needs, we will give you a referral form to fill in.

Children who have an Education and Health Care Plan (EHCP) can receive music therapy with us as part of that plan. We are also an approved provider for the Adoption Support Fund (ASF).

Get in touch if you would like to find out more.

Adults

Adults can access music therapy in a number of ways.

Self-referral: you can refer yourself to music therapy and attend sessions at our Bristol Centre. If you would like to discuss music therapy for yourself please [contact us](#).

Referring on behalf of an adult: family members or professionals in health or social care can refer an adult to us for music therapy. [Get in touch](#) if you would like to discuss a referral.

Step Together – Get Growing Allotment Project

Step Together Volunteering

“GET GROWING” ALLOTMENT PROJECT FOR YOUNG PEOPLE AGED 16-25



If you are not currently in education, employment or training, our allotment project might just be the ticket to helping you find your place. At Step Together Volunteering we believe that everyone has something special to offer.



We can help you find your passion, improve your confidence and skills, and build a brighter future.

You decide what you get involved in - growing and harvesting vegetables, cooking, woodwork and recycling projects, or a bit of creative artwork? There's also the opportunity to complete a nationally recognised short course in volunteering to help improve your job prospects.



Rest assured, you will have some fun!

"It's a relaxed environment with lovely and understanding people... I like knowing that if I'm not having such a great day, I can still get out down to the allotment with the understanding that I may have to take things easier."

Location: Bishopsworth, Bristol
Times: Tues & Thurs, 1:30 - 4pm

For more information contact: Mel Head, Allotment Project Lead
07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk



**STEP
TOGETHER**
Volunteering & Community Development



Step Together – Get Cooking Outdoors Cooking Course

Step Together Volunteering

“GET COOKING!” OUTDOOR COOKING COURSE FOR YOUNG PEOPLE AGED 16-25



5 weeks, 5 meals under £5!

Our 5 week cooking course will teach a small group of young people in South Bristol how to make 5 nutritious and delicious meals for under £5 each. Each week, the group will prepare, cook and share a meal at the allotment and then will be given the ingredients to recreate the meal at home after each session.



This course is available for young people who are not currently in education, employment or training, and they will need to be able to commit to all 5 sessions. The course will take place at our allotment in Bishopsworth.



We have limited availability, so early booking is essential. To book, contact Mel below or scan the QR code which will take you to our referral page.

Where: Bishopsworth, Bristol

**When: Every week for 5 weeks, starting Thurs 29th Feb,
11am - 1pm**



For more information contact: Mel Head, Allotment Project Lead
07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk

**STEP
TOGETHER**
BRISTOL ALLIANCE



Young Carers Service – Information Leaflet

YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

CARERS SUPPORT CENTRE – The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Contact details: 0117 9589980; youngc@carerssupportcentre.org.uk; f @youngcarersbsg



Our Young Carers Service provides help and support children and young people aged 5-17yrs in Bristol and 8-17years in South Gloucestershire, their families and professional working with young people.

A young carer looks after someone in their family who has a disability, a long-term illness, or is affected by mental health or substance misuse.

We help young carers feel positive about being a young carer, reduce isolation, reduce inappropriate care, and have support to develop and fulfil their future plans.

Support provides opportunities for young carers to try out different tools and techniques that can help them strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when then need it and develop their potential.

We tailor support to meet their needs and can offer:

- ★ Young carers assessments to develop support plan
- ★ 1-1 support sessions (limited number of sessions)
- ★ Group work (including Resilience Lab and themed group work meeting emerging need)
- ★ Respite activities: including trips, creative, physical and nature focused sessions.
- ★ Free Family days out (free family passes to Wild Place, Puxton Park and Noah's Arc)

- ★ Bi-weekly Young Carer Group in each locality run in partnership with Creative Youth Network



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Tuesday 5.30-7.30pm @ Studio 9, The Gatehouse, Hartcliffe
- Central and East: Every other Tuesday 5.30-7.30pm @ The Crypt, St Lukes Church, Barton Hill

Transport is provided to those who need. Contact Abby Sheppard 07741 629192' abigail.sheppard@creativeyouthnetwork.org.uk

Referral forms for to our service are on our website (www.carerssupportcentre.org.uk)

[Referral to our young carers service | Carers Support Centre](#)

Young Carers Voice

Young carers who have been supported by us have formed YOUNG CARERS VOICE who aim to raise awareness about young carers and influence decision makers to improve how services recognise and support young carers.

Support for professionals

Awareness and Training sessions

We also deliver a variety of awareness and training sessions that can be delivered within team meetings or CPD sessions.

Work with schools

Young carers have common struggles in schools including being late, frequently being absent, being bullied, feeling isolated, anxious and alone. We have a dedicated school's worker who can support schools identify young carers and improve support they can offer. We encourage schools to sign up to the Young Carers in Schools programme and can provide

- ★ CPD training
- ★ Assemblies (in person, online or ready-made presentations schools can deliver)
- ★ Support to start a young carers group
- ★ Advice on policies and procedures