



Families in Focus Bulletin

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

October 2020

Welcome to the latest addition of our citywide bulletin from the Families in Focus team.

The information shared in this bulletin has been provided by organisations that have opportunities, events, groups or information to share. We hope you will find it both interesting and helpful!

Please note:

Families in Focus are not responsible for the content of the information shared, so if you do have queries or would like this in any other format please go directly to the host organisation.

Bristol City Council does not endorse the organisations or activities within this bulletin – please ensure you carry out any necessary checks to assure yourself of their quality.

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

This Bulletin is split it into two parts as follows:

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Information & Support for Families, Parents/Carers and Young People (A)

Part 2

Information & Support for Practitioners

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ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic.
It feels better" - Dalai Lama**



5 Start your day with the most important thing on your list

6 Do something constructive to improve a difficult situation

7 Remember that things can change for the better

1 Write down your most important goals for this month

2 Look for reasons to be hopeful even in difficult times

3 Take the first step towards a goal that really matters to you

4 Be a realistic optimist. See life as it is, but focus on what's good

12 Look for the good intentions in people around you today

13 Put down your To-Do list and let yourself be spontaneous

14 Do something to overcome an obstacle you are facing

8 Make progress on a project or task you have been avoiding

9 Avoid blaming yourself or others. Just find the best way forward

10 Take time to reflect on what you have achieved this week

11 Focus on a positive change that you want to see in society

19 Set hopeful but realistic goals for the week ahead

20 Find the joy in completing a task you've put off for some time

21 Let go of the expectations of others and focus on what matters

15 Look out for positive news and reasons to be cheerful today

16 Thank yourself for achieving the things you often take for granted

17 Share your most important goals with people you trust

18 Make a list of things that you are looking forward to

26 Start the week by writing down your top priorities & plans

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

22 Share an inspiring idea with a loved one or colleague

23 Write down 3 specific things that have gone well recently

24 Recognise that you have a choice about what to prioritise

25 Plan a fun or exciting activity to look forward to



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

Keep Calm • Stay Wise • Be Kind

Free Food for Youth

Bagga-bites

**Thursday Night
Takeaway**

**Thursday Evenings
5.30 to 8pm**



**13 All Hallows' Rd
BS5 0HH**

Supported by Super Supper Club



**BRISTOL MUSLIM
CULTURAL SOCIETY**
• WORKING FOR A BETTER TOMORROW •



PAK BUTCHERS
The south west premier halal meat and poultry stores

bristol **sweetmart** 

MIX & MATCH MONSTERS!

THURSDAY 29TH OCTOBER 2020
STARTING AT 14.30PM
VIRTUAL EVENT!



Children's
ScrapStore



Craft-along with our Halloween Home Box!

Preorder online: shop.childrensscrapstore.co.uk

SUPER SPIDERS!

FRIDAY 30TH OCTOBER 2020
STARTING AT 10.30AM
VIRTUAL EVENT!



Children's
ScrapStore



Creative Youth Network are running an online Craft & Textiles workshop in half term for 13-19 year olds in partnership with the Bristol Museum & Art Gallery. Please see below for further details and how to sign up:

Craft & Textiles in a day – 3-4pm Wed 28th and Fri 30th Oct on Zoom
You will learn how to make fabric insects and feathers, collect natural treasures and decorate your own nature box.

To sign up please visit our website: [creativeyouthnetwork.org.uk/creativecourses](https://www.creativeyouthnetwork.org.uk/creativecourses)
To avoid disappointment please do this sooner rather than later as places will be given on a first come first served basis, once a course is full any further enquiries will go onto the waiting list. Priority will also be given to those who have not attended a course already.

Please let me know if you have any queries or would like further information:
creative.dept@creativeyouthnetwork.org.uk / 0117 947 7948

Craft & Textiles in a day

Wednesday 28th October and Friday 30th October | 3-4pm

Online using Zoom

13-19 year olds

This half-term, virtually explore the Bristol Museum & Art Gallery Natural History collection and behind the scenes archives. Get creative in response to the wildlife you have seen and experiment with new textiles techniques.

Join the first online group session where we will set you a project and then check in with you again in the second session to see what everyone has made.

Workshops are free and any materials required will be sent out to you.

The next half term workshops will take place in February half term



**culture
team**



To book a place, go to: www.creativeyouthnetwork.org.uk/halfterm-workshops-2020
For more info email: creative.dept@creativeyouthnetwork.org.uk or phone: 0117 947 7948
In partnership with: www.bristolmuseums.org.uk

400 CREATIVE YOUTH NETWORK LTD. 0117 947 7948



Outdoor theatre's the way to go in 2020 - and we've been doing it for years. Our award-winning walking tours are back - and now there are 5, starting Wednesday 7 October 📍

Crime and Chronicles in Clifton – Every Wednesday 6pm

Blood and Butchery in Bedminster - Every Thursday 6pm

Treasure Island – Bristol Docks – Saturday 24 October to Sunday 1 November 12 noon and 2pm

Blood, Blackbeard and Buccaneers – By appointment

Shelley's Dark Secrets – By appointment

All walking tours currently limited to 15 and observe social distancing guidelines.
All tours can also be booked for private groups by arrangement.

See website for full details www.showofstrength.org.uk or email info@showofstrength.org.uk



Storytale Festival

Ellie, Kate, Nicola and Jenny are all Bristol parents who together created **Storytale Festival** last year, a citywide festival celebrating children's stories. There were 43 events over 10 days in libraries, bookshops, community centres and public venues, ranging from writing workshops to craft sessions and storytelling for children of all ages. Over 1000 people took part in 2019 and now we're back for a second year, this time in digital form.

Storytale Festival 2020 – Online

October 24th – 28th

Chapter 2 of Storytale is a bitesize children's book festival

On YouTube and Facebook from Saturday 24th – Wednesday 28th October.

A fun and inspiring way for **children and teens** to get creative over half term, joining in with drawalongs with Bristol illustrators, or crafting their own stories with help from published children's authors.

The events will provide armchair travel to inspirational places with authors, illustrators and storytellers.

- Go on a virtual romp-about stomp-about with *The Wild Way Home* author Sophie Kirtley
- Create teeny tiny superheroes with Emma Read;
- Start your own adventure story with Katharine Orton, author of *Nevertell*;
- Vonjure up a magical setting with Anna Hoghton (and enter her spellbinding competition);
- Draw your own treasure map with author/illustrator Nicola Colton;
- Enjoy a Scottish Fairytale with *The Wild of the Words*!

Fantastic competitions running for under 8s, 9-12 year olds, and teens.

Write your own story inspired by one (or more!) of our authors and storytellers and enter it into our free competition. Judged by Bristol based authors, there will be **craft and bookish prizes for each age group**, plus the opportunity for the winning stories to be published on our Storytale Festival blog. Details of the competition will be published on our website at the start of the festival so keep a look out as we'd love for you to take part!

The full programme of free events and more information can be found at www.storytalefestival.com

Many thanks to our sponsors Grounded Cloud – Branding and Design Services, and Jenny Farrington Creative Copywriter for their help and support.



SOUTH & EAST BRISTOL !!!

After the success of our Summer appeal to help support vulnerable families throughout the summer holidays, we are pleased to offer the same **FREE** stay at home activity packs for children aged 5-13 years this October!

We know not all families have digital access, and for some the cost of data, connectivity and supplies is a challenge. In response to this we have been successful in obtaining funding to print and deliver copies of our activity pack to the most vulnerable families in South & East Bristol.

The pack is filled with over 30 engaging, fun, creative, and inspiring activities which help to spark the children's imagination and support their emotional wellbeing. The activities include arts and crafts, drama, games and imaginative play. All arts resources necessary to complete activities are included, being mindful of family circumstances.

We can either deliver to your organisation's setting OR straight to the children's home.



If you wish to refer a child to receive one of these packs please complete this link. If you would like to order a large number of packs please email or call to discuss this, we may need to ask a few questions to help ensure our criteria is met.

As always we are a targeted provision so we are prioritising places for the most in need and much like our holiday provision we are keen to hear from professionals who are working with these children.



FREE Creative Activity Packs


For children aged 5-13 based in South Bristol


[**CLICK HERE TO REFER A CHILD**](#)

For children aged 5-13 based in East Bristol

[**CLICK HERE TO REFER A CHILD**](#)

 theoffice@uniquevoice.org

 www.uniquevoice.org

 01174 286 240

The Belonging Strategy



We know that this may be just another survey to you but we are making sure adults talk to you about how you feel you belong in Bristol, this includes where you live, school and family life.

It's important to have your voices heard, especially as this will affect young people!

This survey is for 11-19 year olds and needs to be completed by October 27th 2020.

<https://rb.gy/m3zg9y>



It has never been more important to identify young carers

Young carers have responded to our recent annual review survey and the results clearly demonstrate they are struggling with their mental health.

Over 200 young carers responded and reported feeling the following "all of the time" or "sometimes":

- 79% low or depressed
- 92% anxious or worried
- 92% stressed
- 61% eating too much or too little
- 14% self harming
- 30% panic attacks
- 46% really angry
- 36% feel they can't go on
- 77% struggling to sleep



Last year members of Young Carers Voice created a film for professionals to help them understand why they need support with their mental health (<https://www.youtube.com/watch?v=GtBYRetFZlc>).

During the Covid-19 pandemic the number of young carers receiving our support in Bristol has gone up by **25%**. The number of one to ones we have provided has gone up by **394%** which is a strong indicator of how much they are struggling with increased caring responsibilities, isolation, issues with their education and their own mental health.

It is essential that young carers are identified and provided with support. To refer a child or young person between the ages of 8-18 to the Young Carers Service please visit <https://www.carerssupportcentre.org.uk/young-carers/making-a-referral/> where you will also be able to find a copy of our eligibility criteria and find out more about our services.



Bristol & South Glos Young Carers | Carers Support Centre
The Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ
Company No: 3377199 Registered Charity No: 1063226



Carers Support Centre
Bristol & South Gloucestershire



Civil Service

Discover careers in the Civil Service

The Civil Service is changing. Together we're finding new ways to serve the public, work more efficiently, and make government more transparent. We're making the Civil Service a truly brilliant place to work.



In addition to direct entry using CS Jobs, there are a number of alternative ways to join the Civil Service. These include the Fast Stream Graduate Programme and Apprenticeships as well as graduate programmes and apprenticeships offered by departments.



civil-service-careers.gov.uk



Get into


MARKS & START



Are you 16-25? Looking for work?

26th October – 20th November 2020 in Bristol & Swindon!

With a mix of digital learning and practical training in store, you'll work towards securing a temporary contract over the Christmas period – all whilst meeting new people and learning new skills!

Not only will it boost your confidence and employability prospects, but you'll also have the chance to benefit from the support of one of our mentors to help you uncover your next steps.

- All training provided
- Placements available in Central Bristol, Longwell Green, Cribbs Causeway, Cheltenham, Gloucester & Swindon
- Travel expenses paid on programme and lunch is included
- Doesn't affect your benefits
- Boost employability skills
- Up to 6 months Prince's Trust mentoring support

Interested?

See if this course is for you at our digital **Information Session** over on Microsoft Teams. Dates and times will be confirmed once you are booked on. If you are selected the **Taster Day** will be on **Tuesday 20th October**.

To join the course or find out more:
Search 'Prince's Trust'

Call for free on 0800 842 842

In partnership with:

M&S

EST. 1884



Prince's Trust

Inspiring young lives

GET STARTED:



Prince's Trust

SPOKEN WORD

Taster Day: 21st October
Main Programme: 26th Oct - 6th Nov

Aged 16-30

Living in Bristol or surrounding areas?
Interested in learning new skills, meeting others
and improving writing skills.

GET STARTED:



BOXING

Get Started with Boxing is an online course to help you develop boxing skills whilst also learning what it takes to become a professional boxer.

Dates: Taster day - Wednesday 30th September
Main Programme - Monday 5th - Friday 9th October



Prince's Trust

Interested?

Contact us on 0800 842 842



Are you 16-30? Want Support to Secure a Job?
Transform your life today with our online Get Ready for Work course!

- Meet new people, boost your confidence and employability skills
- Discover your strengths and find ways to convey these in applications and interviews
- Gain knowledge of good customer service and interview skills
- Learn about what makes a good CV and receive follow up 1:1 support to find your next steps

Online Course Dates:

→ **19th – 21st October 2020**, Taster Day, Tuesday 13th October



To join the course or find out more:

Search '**Prince's Trust**'

Text 'Call me' to 07983 385 418

Call for free on 0800 842 842



Prince's Trust

Inspiring young lives

DIGITAL MARKETING TRAINEESHIPS

 **wearedigital**
delivering digital inclusion training
www.we-are-digital.co.uk/traineeships

OVERVIEW

We Are Digital is a national digital skills training company with a network of trainers and partners around the UK. We are a social business backed by social VCs, working with housing associations, government and corporates to get excluded people online and digitally skilled up.

We have now developed one of the first modern digital marketing traineeship programmes for young people, using our experience of a very successful digital marketing pilot in Manchester funded by the GMCA.

A traineeship is a nationally recognised programme to help get young people into work and further their career. It is meant for 19-24 year olds with little or no work experience. We are especially targeting excluded and diverse groups, i.e. BAME, women in tech and low income individuals.

A TRAINEESHIP IS A HOLISTIC PROGRAMME OF 4 ELEMENTS:

- Work prep course (confidence, CV building, office skills)
- Work placement (work experience with an employer in the marketplace)
- Digital Marketing course (general Digital Marketing topics to get them introduced to it)
- Maths / English course to get them up to standard in functional skills

TIMING

Each of the four elements runs for about 100 hours each, so the whole programme lasts around 400 hours, and takes just under four months, so each element is part time, but overall the trainee is on the programme for about 4 days per week.

DIGITAL MARKETING COURSE OVERVIEW (INCLUDED)



- Digital promotion for business
- Understanding search engine optimisation for business
- Coordinating the use of digital media for business
- Emergent digital techniques for business
- Producing digital promotional content for business
- Data protection and digital media for business
- Measuring the effectiveness of digital promotional activity for business
- Understanding social media

This course within the Traineeship is a Level 2 qualification (GCSE to A-Level standard) as a general introduction to the sector. However, we are keen to work with employers with an interesting angle within Digital Marketing - so can look to focus on certain areas relevant to your business (analytics, video, media, etc).



Join Unity Youth Forum today!

What is Unity Youth Forum?

The Unity Youth Forum is where we talk about things that BME Young people face in their local area or as an individual and take action to influence changes.



What do we do as a forum?

We deliver projects & campaign to help raise awareness about issues that affect Black Minority Ethnic (BME) young people and work towards making communities, schools and individuals more equal. Such as:

- o Racism/Education
- o Rights& Responsibilities
- o Community cohesion
- o Lobby decision makers to make change

What do we offer?

- o Training, support, Accreditation and certificates
- o Opportunities to have your say
- o gain new skills, go on trips and residential
- o Refreshments & Travel
- o A chance to organise events specific to the needs of BME young people
- o The chance to meet new young people and have fun

Contact: Claire.corrigan@bristol.gov.uk for more information

Mobile: 07780486367 Email: Claire.corrigan@bristol.gov.uk



Helping people get **into work** and businesses to **grow**



Fully Funded NCFE Qualifications

Start a rewarding career in the Counselling and Health Sector

Counsellors and psychotherapists play a crucial role in improving the health and wellbeing of our society and in the current climate these services are being accessed more than ever.

Coronavirus has become part of our everyday lives, effecting how we socialise, our employment and our relationships, putting pressure on our mental health.

If you like helping people and want to have a positive impact on their lives why not enrol on the below pathway?

- o Level 1 Award in Alcohol Awareness, Mental Health Awareness, Sexual Health Awareness and Awareness of Substance Misuse
- o Level 2 Certificate in Counselling Skills

Why not add a specialist route and include the following?

- o Level 2 CACHE Understanding Autism
- o Level 2 CACHE Understanding Behaviour that Challenges
- o Level 2 CACHE Understanding Children and Young People's Mental Health
- o Level 2 Certificate in Safeguarding, Prevent & British Values
- o Level 2 Certificate in the Principles of the Mental Health Care Workers

<https://www.fullyfundedcourses.com/>

Charlotte Blakemore - 07826956685

Alexandra Dodds - 0774839883





Home-Start Bristol Volunteering Opportunities

Next Volunteer Preparation Course via Zoom in January 2021

Home-Start Bristol is a local charity supporting families with children under 5 years across Bristol and South Glos – we're based in Southmead at the Greenway Business Centre. Since lockdown our staff and volunteers have been forced to work differently (as home visits are still suspended due to Covid restrictions) but we've been busy keeping in touch and supporting families with phone calls and outdoor visits where possible. We can also support by making referrals to other agencies and networks, supplying children's activities and family support packages.

We're always looking for more volunteers to join us – all we ask is that you are a parent or grandparent and that you can offer 2 hours a week to contact a Home-Start family regularly? All volunteers are DBS checked.

Our next volunteer training course will be delivered via ZOOM (due to ongoing restrictions). It will start on Thursday 21st January 2021 and will be run weekly 10-11.30am every Thursday for 7 weeks – finishing on Thursday 11th March (with a break for February half term). If you would like more information on how to become a volunteer please call us on 0117 9501170, email us on admin@homestartbristol.org.uk or visit our website www.homestartbristol.org.uk