



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:

Part 1

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

Part 2

Information & Support for Practitioners

Information and Services

1. [Brandon Trust – BHCDS Workshop](#)
2. [Diabetes Online Cooking Course](#)
3. [Family Links Nurture Programme](#)
4. [Hate Crime Don't be a Bystander](#)
5. [Hawkspring Supporting Drug and Alcohol Recovery](#)
6. [Me, You, Baby Too](#)
7. [Quality of Life Survey BAME and Young People](#)
8. [SiS Self Harm Info Service Flyer](#)
9. [SLT Early Years Telephone Drop-ins - E&C Bristol 2020](#)
10. [SLT Early Years Telephone Drop-ins - North Bristol 2020](#)
11. [SLT Early Years Telephone Drop-ins - South Bristol 2020](#)

SEND

12. [Bristol SEND Local Offer Parents](#)
13. [Bristol SEND Local Offer Young People](#)
14. [SEND Nurture Group](#)
15. [SENDIAS Events 2020](#)



Bristol Hate Crime & Discrimination Service



Workshops

For disabled people & workers:

How to recognise disability hate & hate crime

How to stay safe

How to report

Fun, interactive workshops

Awareness raising for professionals

To book please contact:

Sarah Howard

Tel: 0117 958 6965

Mobile: 07464670364

Email: sarah.howard@brandontrust.org

<https://www.bhcds.org.uk/>



Are you worried about your Type 2 Diabetes?

Learn about ways to manage it,
to make your life easier
& help you to feel better:

**Join our FREE online cooking & nutrition course
for adults in BS13**

With this course you will:

- Get personalised support to change how you shop, cook & eat
- Receive ingredients for you to make a dish at home each week
- Access easy 'how to' videos to guide you through weekly recipes

To take part you will need a personal email address, and a
smartphone or computer, with speakers or earphones

Course starts Tuesday 3rd November and runs for 10 weeks

Online meetup via zoom on Tuesdays, 1- 2 pm

To sign up call 0300 303 3464 quoting course reference C3532831

**To find out more about the course before enrolling, contact Caroline
on 07469206886 or caroline.bentley@heartofBS13.org.uk**



come and find out
**how to get the best out
of family life**



We will be running the 10- week Nurturing Programme for Parents
18th November 2020.
9.30—12.00. onsite

To find out more about it speak to one of the Family Centre Team and book
your place

Telephone: 01179548882 .

Email : shonaughi@bartonhillsettlement.org.uk

wendyr@bartonhillsettlement.org.uk

We look forward to seeing you.

There's no place in the West Country for hate crime.



Speak up and stop hate crime.
100% anonymous. Always.

crimestoppers-uk.org



Crimestoppers Trust is a registered charity.
UK Registration No. 1106607/SC039865.

CrimeStoppers.

0800 555111

100% anonymous. Always.

Hawkspring

Supporting drug and
alcohol recovery

Hawkspring Coronavirus Service Update

Hawkspring offers free, confidential, non-judgmental, personalised, support for anyone whose life is negatively impacted by drug and alcohol use, or that of those around them. We offer 1:1 support sessions, tailored to meet the needs of the individual, and can support the whole family.

We are seeing increasing numbers of people struggling with issues around drugs and alcohol, which is not surprising considering the stresses and strains of these times.

Despite the current restrictions and demand we are still taking referrals. All recovery and carer's services are now being offered by video or phone call.

The referral form for all services is found on the "Tools and Resources" page of our website - <https://hawkspring.org.uk/tools-and-resources/>. The referral form can be used for self-referrals or referrals from professionals.

Please see the details below for information on our adapted support services.

Recovery and Carer's Support

- Video support sessions are our preferred method, as they best replicate face to face sessions
- Telephone support sessions are available for people without access to technology or people who are not comfortable using it
- All clients with access to technology will be offered an initial 30-minute informal video taster session to break the ice, "meet" their support worker, try out video conferencing software and have support learning to use it if necessary
- After taster session, clients can make final decision about preferred support platform – video or phone
- A regular time slot for support sessions and platform will be agreed between client and support worker
- 15 structured support sessions will commence
- Each session will last up to 45 minutes
- Same terms apply to video/phone sessions as face to face sessions

Children and Young Peoples Support

We are still taking referrals to our Children and Young Peoples services, but due to the differing regulations in each school and the rapid rate at which things are currently changing, the children and young people's support services will be assessed on a case by case basis, taking into account the situation at the young person's school and other health and safety issues. If you would like to speak to one of our team about this please email info@hawkspring.org.uk or call 0117 964 2859

Helping parents get on better



New resources available!

What is Me, You and Baby Too?

MYBT is an online programme designed to help new and expecting parents cope better with the relationship changes they may experience when a baby arrives. Research tells us that relationship satisfaction is often at its lowest when a couple first become parents. MYBT helps them to develop the skills they need to cope better with stress together, to listen effectively and consider the triggers behind different thoughts, feelings and behaviours.

How will it help you in your work?

“MYBT is a cost effective and agile intervention. It can be accessed easily and independently.” – quote from practitioner using MYBT

You can use this digital intervention to refer parents to work through on their own or integrate it with other aspects of your service and accompany them through the programme step-by-step. The supporting [practitioner guide](#) can compliment any previous reducing parental conflict training.

What's new?

Building on our existing evidence-based resource, and following feedback from users of the original programme, we have added new animations and practical activities designed to help couples improve their listening skills and understand how their partners thoughts and feelings can trigger different behaviours.

How do I access it?

MYBT is available here - <http://bit.ly/mybt-course> and the supporting guide for practitioners can be found on here - <https://www.oneplusone.org.uk/mybt-guide>

As always, we welcome your feedback, which you can provide through the guide. Please help us to spread awareness of the resource by sharing it with colleagues.

To be kept up to date with OnePlusOne's work, please follow us on twitter (@OnePlusOne_) or sign up to our newsletter via our website <https://www.oneplusone.org.uk/>



Black, Asian and minority ethnic residents and residents aged 16-25 needed for Bristol's Quality of Life survey 2020

Help us decide where and how money should be spent

Bristol residents from a Black, Asian or minority ethnic (BAME) background and young people aged 16-25, are invited to take part in Bristol's latest Quality of Life survey. Your voice and opinions, on what it is like living in Bristol, are vital in making sure we have fully represented the views of Bristol residents.

The survey was sent to a random sample of 33,000 Bristol households, but so far response rates have been low from BAME residents and young people so we are particularly keen to hear your views.

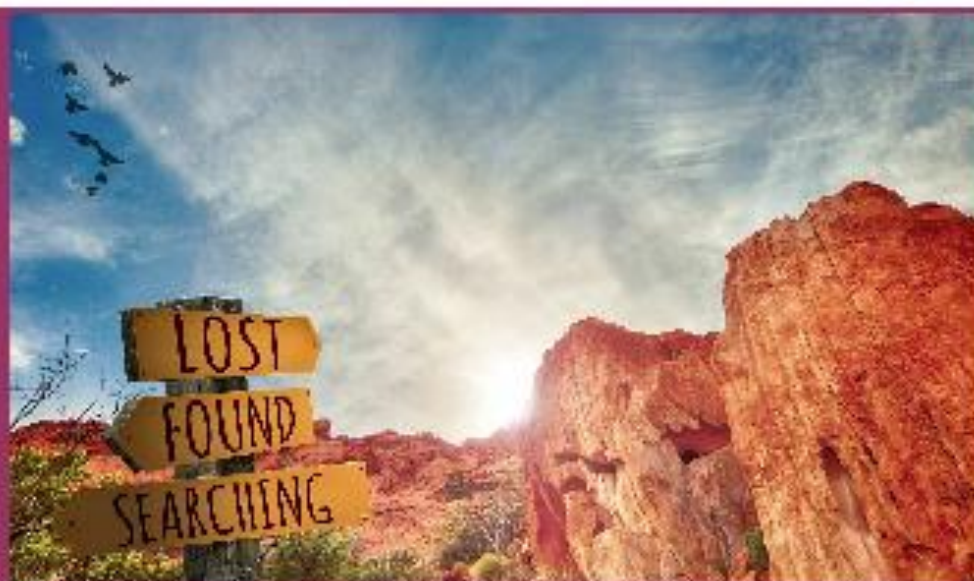
The questions are designed to give a fully representative picture of life in Bristol, from the issues that are important in your neighbourhood, like crime and transport, housing and education, to the way your health and wellbeing is supported.

The survey is anonymous, though your age, sex and postcode is required to match results to different areas of the city. You must be at least 16 years old to take part, and responses are particularly welcome from people aged 16-25. You are welcome to skip any questions you don't want to answer.

Your voice helps Bristol City Council decide where and how money should be spent- make sure you are heard. You have until midnight on Sunday 19 October 2020 to complete the survey.

Survey link here: www.bristol.gov.uk/QoL20

If you have any queries or require an alternative format email QoL@bristol.gov.uk or call: 0117 922 2704



SELF HARM INFORMATION AND NAVIGATION ENQUIRY SERVICE

Looking for information about self-harm
for yourself or someone else?

Get in touch with our NEW
Information and Navigation Service:

self-help@selfinjurysupport.org.uk

<https://www.selfinjurysupport.org.uk/>

[information-and-navigation-service](https://www.selfinjurysupport.org.uk/information-and-navigation-service)



Community Children's
Health Partnership

NHS

**Bristol Early Years
Speech and Language
Therapy Team**

Telephone Drop-in

Tuesday 9.30-12.30pm

During term-time

**East & Central
Bristol
Telephone:**

0117 340 8242

Telephone advice
session for parents
of children aged 0-4
years living in
Bristol (before
school-entry).

Call to chat to one of our
speech & language therapists
about your child's speech,
language & communication.

This is a chance to get advice
and find out about available
support.

The phone lines can
get busy, but please
do call back.

Alternatively, parents & carers can contact us via:

☎ Telephone Advice Line: 07825016335 (Wednesdays 9am-12pm)

✉ Email: sirona.slt@nhs.net

Parents & professionals can also refer using the Single Point of Entry form available via the CCHP website. <https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy>

Starts 10th September 2020



Community Children's
Health Partnership

NHS

**Bristol Early Years
Speech and Language
Therapy Team**

Telephone Drop-in
Thursdays 9.45-12.15pm
During term-time

**North Bristol
Telephone:**

☎ 0300 124 5832

Telephone advice
session for parents
of children aged 0-4
years living in
Bristol (before
school-entry).

Call to chat to one of our
speech & language therapists
about your child's speech,
language & communication.

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and find out about available
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September 2020



Community Children's
Health Partnership



**Bristol Early Years Speech
and Language Therapy
Team**

Telephone Drop-in
Wednesdays 9.30-12.30pm
During term-time

**South Bristol
Telephone:**

☎ 0300 125 6279

Telephone advice
session for parents
of children aged 0-4
years living in
Bristol (before
school-entry).

Call to chat to one of our
Speech & Language Therapists
about your child's speech,
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✉ email: sirona.slt@nhs.net

Parents & professionals can also refer using the Single Point of Entry form available via the
CCHP website. <https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy>

September 2020



Online
information
for parents and
carers of children
0 to 25 with special
educational needs
and disability (SEND)

Bristol's SEND Local Offer

www.bristol.gov.uk/localoffer


Find out about:

- accessible activities and short breaks
- health and therapeutic services
- support available at school
- local support groups
- EHC plans

and more...



bristollocaloffer@bristol.gov.uk



Online
information
for young people
14 to 25 with special
educational needs
and disability (SEND)

Bristol's SEND Local Offer

www.bristol.gov.uk/localoffer

Find out about:

- education and training options
 - accessible activities
 - local youth groups
 - where to live
 - getting a job
- and more...



bristollocaloffer@bristol.gov.uk

**Does your child have a diagnosis?
Or are you concerned that your child
is developing differently to their
peers?**

The prospect of disability is a huge thing to be facing as a parent, and yet, with all attention on the child, parents are rarely asked how they are feeling.

Nurture Groups are currently forming in East Bristol, especially for parents who seem to be on a different path to others.

Each group meets child-free for eight weekly sessions, either on Zoom or face-to-face. It will be a space to

- *share experiences – being there for each other*
- *explore how to navigate the emotions - psychoeducation*
- *take a break from it all – nurturing activities to de-stress*

All are welcome, no matter how old your child is, and the groups are **free of charge**.

If you are interested in joining the next group, please call/text Becky on 07880 465072

murmurationcommunitytherapy.weebly.com





**SUPPORTIVE
PARENTS**

*The SENDIAS service for children,
young people and their parents*

2020 Events

Bristol

Wednesday 14th October:
Virtual Coffee Morning:
'Moving on to School'

Wednesday 4th November:
Virtual Coffee Morning: The
Local Offer with Marilyn Crofts

Tuesday 10th November:
Evening SEND Surgery,
bookable 1:1 appointments

Wednesday 18th November:
SEND Support in schools

Wednesday 2nd December:
Daytime SEND Surgery,
bookable 1:1 appointments

Wednesday 9th December:
Bristol's new Approach to EHC
Needs Assessment: Engaging
with Families

**Click on
the link
to book!**

For more information:
follow us on Facebook,
call 0117 9897725 or

email support@supportiveparents.org.uk

