

# **Families in Focus Bulletin - Part 1**

## **Information and Support for Families, Parents/Carers and Young People during Coronavirus**

### **December 2020**

Hello and welcome to the Citywide Bulletin from the Families in Focus team.

We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

**This Bulletin has grown so big that we have now split it into 2 parts as follows:**

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

**Part 2 – Information and Support for Practitioners during Coronavirus**

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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# Service Updates and Information for Young People

## Bristol Libraries Information – Winter Events

### **Bristol Libraries online events and opening hours in December 2020**

Libraries re-opening update! From Thursday 3rd December, libraries will be re-opening with limited services. Our Call and Collect service is returning to 7 libraries: Central, Fishponds, Henbury, Henleaze, Bishopston, Stockwood and Marksbury Road, customer reservations will be up and running again, you can only collect from the libraries that are open. We will be starting a new Book Bundle service! (More details coming soon 📖) We are also offering bookable slots for computer use at Bristol Central Library! If you need to use a computer or do some printing, ring 0117 903 7234 and we'll let you know which slots are available.

# Library Opening Hours



	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Central	10-4pm	10-4pm	10-4pm	10-4pm	10-4pm	10-4pm	1.30-4.30pm
Henbury	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	CLOSED	10.30-4.30pm	10.30-4.30pm	CLOSED
Henleaze	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	CLOSED
Bishopston	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	CLOSED
Fishponds	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	10.30-4.30pm	CLOSED
Marksbury Rd	11-4pm	11-4pm	11-4pm	11-4pm	11-4pm	11-4pm	CLOSED
Stockwood	1-4.30pm	1-4.30pm	1-4.30pm	1-4.30pm	1-4.30pm	1-4.30pm	CLOSED

**@BristolLibraries Face Book hosts a regular live baby bounce on a Tuesday and Thursday at 11.00am. A Lego challenge on a Monday at 11.00am and a children's quiz on a Friday at 10.00am.** Not a library member? No problem - you can sign up online here for a temporary card with free access to Cloudlibrary for eBooks, RB Digital for eMagazines and Borrowbox for eAudio Books <https://bit.ly/joinbristollibraries>

#### Online Free Christmas children's Events x 2

1. Join interactive storyteller John Kirk for a special Christmas **Story Hunt**. This session will incorporate a popular pantomime story and is suitable for families with children age 3+. This event is being run jointly by Bristol and Swindon libraries. **Monday 21<sup>st</sup> December at 2pm**

Book via: [www.eventbrite.co.uk/e/129319278443](http://www.eventbrite.co.uk/e/129319278443)



2.

Christmas may be over but the magic of pantomime is still here! @ Bristol and Swindon Libraries. Join storyteller John Kirk for a trio of popular **Panto Tales** for you and your family. Suitable for families with children 3+. **Saturday January the 2<sup>nd</sup> at 2pm.**

Book via: [www.eventbrite.co.uk/e/129324205179](http://www.eventbrite.co.uk/e/129324205179)

Kids can eat free in Asda Cafes this December

## Kids can eat free in Asda cafes throughout December



Asda has today stepped up its support for families across the UK by offering children the chance to eat for free in its cafes throughout December.

All 216 of the supermarket's cafes are taking part and will provide children under the age of 16 with a meal completely free of any charge when accompanied by an adult. There are no minimum spend requirements or restrictions on the number of children in a family or group that can take advantage of this offer.

Asda expects to serve around 215,000 free meals to children from its cafes during December and is offering hot and cold menu choices such as fish fingers, chicken nuggets or sandwiches – all served with a drink and a piece of fruit.

Asda cafes located in areas with Tier 3 Covid restrictions will still provide this offer to local children via a takeaway service. The offer will run from December 1<sup>st</sup> to 31<sup>st</sup> December except Christmas Day when stores are closed.

The free meals for children is part of Asda's Christmas kindness campaign, which aims to support local communities during difficult and unprecedented times.

**Richard Dent, Asda's Vice President for Fresh Food said:**

"We know that it's been a really difficult year for families across the UK with many having to turn to food banks and local community groups for support which is why we want to support as many children as we can during the festive period by offering them a meal in one of our cafes.

I'm really proud that through our Fight Hunger Create Change programme, we are able to continue to support our local communities, especially at this time of year."

Earlier this month, Asda announced it would be providing an additional 1 million meals to support local food banks and charities over the festive period through its transformational Fight Hunger Create Change partnership which supports both the Trussell Trust and FareShare.

The donations will primarily come from Asda's back of store donation programme which sends food to local charities and community groups and in addition, Asda's 387 Community Champions will also make donations on behalf of the store to their local food banks.

The retailer is also asking generous customers to support their local community by picking up an extra item and donating it to the food bank collection trolley in store.

[Kids can eat free in Asda cafes throughout December](#)



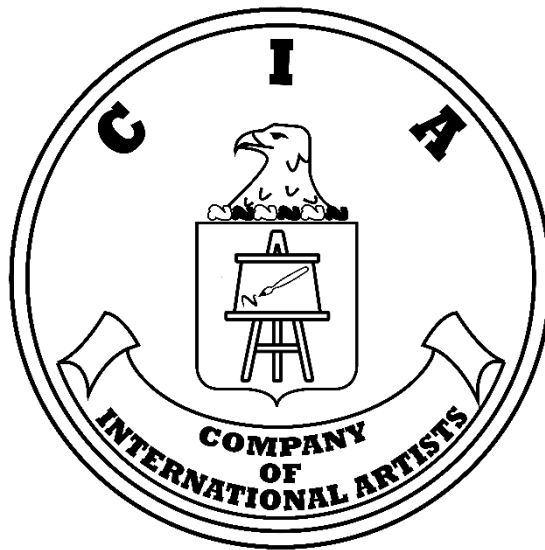
## Brave Bold Drama – Company of International Artists – Letterbox Subscription for Creative Young People

Looking for a stocking filler this Christmas? Know any children aged 6-12 years keen on code-cracking and being creative?

Award-winning, Bristol based theatre and community arts company Brave Bold Drama has recently launched an exciting subscription service called the Company of International Artists - a brand new, through-the-post monthly creative subscription service for children.

Each month recruited agents will receive secret creative missions, art postcards and classified codes direct through their letterbox. The codes will give them exclusive access to short films made by the company to get them inspired to take on each month's creative mission.

You can access more information, including fees, via the website: [www.companyofinternationalartists.com](http://www.companyofinternationalartists.com)



Youth Club – a Covid lockdown group for teenagers with social or learning disabilities



# YOUTH CLUB

Every Thursday on Zoom

A Covid lockdown group for teenagers with social or learning disabilities

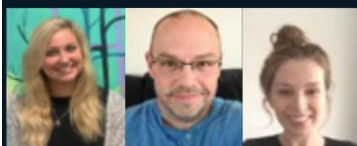
Age 11 to 13: 5.30pm - 6.30pm Age 14 to 16: 7pm - 8pm

There will be regular chats, activities, games and quizzes.

For details how to join in please contact us

email: [bedminster@facecharity.org.uk](mailto:bedminster@facecharity.org.uk)

Text/WhatsApp: 07398 157432



## Creative Youth Network – Creative Courses



**Free** courses **on Zoom**  
for 11-16 year olds.

Work with professional creatives.  
Develop your talent, skills and confidence.  
Have fun and tell your own story.

Jan 11th – 26th March  
Showcase: 31st March

Group Session  
Tues, 5-5.30pm.  
Individual check in  
Tues/Thurs evening.

### ART

Experiment with print making, collage and drawing to produce your own artwork.

Group Session  
Tues 5-5.30pm.  
Individual check in  
Tues evening.

### ANIMATION

Try out different stop motion animation techniques and make your own short film.

Group Session  
Thurs 5-5.30pm.  
Individual check in  
Thurs/Fri evening.

### FASHION

Upcycle your own garments and learn different sewing and design techniques.

Group Session  
Wed 5-5.30pm.  
Individual check in  
Wed evening.

### CRAFT & TEXTILES

Create your own piece of artwork, experiment with paint and dye and play with fabric and recycled materials.

Group Session  
Wed 5-5.30pm.  
Individual check in  
Wed evening.

### PUPPET MAKING

Learn how to use a variety of different materials and sculpt, sew, design to make your very own puppet.

### To book and for more info:

[creative.dept@creativyouthnetwork.org.uk](mailto:creative.dept@creativyouthnetwork.org.uk)  
[www.creativyouthnetwork.org.uk/creativecourses](http://www.creativyouthnetwork.org.uk/creativecourses)  
0117 947 7948

Delivered by:



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## Journeyman UK – Contemporary Rites of Passage for Young Men

### JourneymanUK

Contemporary rites of passage for young men

We create **communities of volunteer mentors who skilfully support young men** through the choppy waters of adolescence offering **ongoing opportunities for time and connection with adult male role models**.

Boys need space to practice their interactions with others and learn how to handle conflict, responsibility, stress, feelings of shame, joy, fear, sadness and anger. Our **local group-mentoring circles** (JGroups) offer this as a safe, relaxed, easy-going, fun experience.

We meet at Boiling Wells Barn in St. Werburghs weekly on **Monday evenings 7-9.30pm** - hanging out, making fires, playing games and talking about the stuff that really matters.  
**Upcoming dates: 23rd/30th November, 7th/14th/21st December 2020.**



#### Online Motivation:

Over the Winter we are offering **free weekly 'Power Hour' sessions** every Thursday 5-6pm via Zoom with guest mentor Henry Dingle ([www.henrydingle.com](http://www.henrydingle.com)). Henry is a professional tutor specialising in helping teenagers find their motivational fire.

The sessions are open to all teenage boys and will offer inspiration, study and goal setting skills.  
**Upcoming dates: 26th November, 3rd/10th/17th December 2020, 7th/14th January 2021.**

#### Crisis Mentoring:

For boys going through a difficult time we offer **one-to-one crisis mentoring sessions**. For those who can afford it we ask for a donation for this service, but full bursaries are available.

#### Gender Policy:

JourneymanUK welcomes **all children who identify with "him" and "his"**. We refer to youth participants as boys, teens, young men or Journeymen.

#### Contact:

If you know a boy who might like to connect with JourneymanUK please fill in the referral form here: <http://journeymanuk.org/refer/> or email [connect@journeymanuk.org](mailto:connect@journeymanuk.org) with any questions.

*JourneymanUK is a registered charity in England no. 1149581*

[www.henrydingle.com](http://www.henrydingle.com)

<http://journeymanuk.org/refer/>

Email: [Connect@journeymanuk.org](mailto:Connect@journeymanuk.org)



## Prince's Trust Employability and Personal Development Programmes

### **ONLINE: Get Started w/ Web Design (ages 16-30)**

Are you a budding blogger looking to gain industry insight? Want to gain new web design skills whilst also building your confidence and boosting your employability? Then this creative course run in partnership with Digital training specialists Shapeways is a must! 1:1 support will be provided at the end of the course to help you find your next steps.

**Taster Day: Tuesday 19<sup>th</sup> January 2021**

*Main Programme: Monday 25<sup>th</sup> – Friday 29<sup>th</sup> January*

**Where: Microsoft Teams**



**Are you 16-30? Are you a budding blogger who wants industry insight?**

**Boost your skills and get creative with our online Get Started with Web Design course!**

If you're interested in web design, we're guessing you have a creative streak. And how could you not be excited about jumping in and making your first website? Web design is about crafting a functional piece of art — but where do you start? Right here.

- Meet new people, boost your confidence and employability skills
- Improve your confidence, motivation and resilience
- Get creative and learn how to design your own blog using Wordpress
- Gain insight and guidance from industry experts
- Follow up 1:1 support to help you find your next steps

**Online course dates:**

→ **25<sup>th</sup> – 29<sup>th</sup> January 2021**, Taster Day: Tuesday 19<sup>th</sup> January



**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

## ONLINE: EXPLORE (ages 16-30)

Explore is a 3-week personal development programme which offers young people group activities and one-to-one support to help build confidence, get motivated, meet new people and identify and achieve their goals. We also develop employability and independent living skills. The aim is to help all young people on the course find their next steps and move into a positive outcome.

**Group Induction: Tuesday 26<sup>th</sup> January 2021**

**Main Programme: Monday 1<sup>st</sup> February – Friday 19<sup>th</sup> February**

**Where: Microsoft Teams**



### COURSE GUIDE:

#### Course Guide

##### Week 1 - Explore Your Skills

During this week we will be working on having a positive mindset, our confidence and personal skills. We will also explore our mental & emotional wellbeing.

##### Week 2 - Explore Your Wellbeing

During this week we will be looking into the benefits of a balanced diet and positive physical health. We will also look at our identities and challenging our own and societies stereotypes.

##### Week 3 - Explore your future

This week we will be working on career planning and money management through different activities including CV writing, how to look and apply for jobs Online plus preparing for interviews.

We will reflect on your time on the course and will finish the week with a celebration event.

##### Weekly - 1 to 1's

You will have a 1 to 1 session with us towards the end of each week finishing with a final 1 to 1 to look at your next steps following your time on the Explore program

#### Conditions of attendance:

- ✓ No drugs
- ✓ No alcohol
- ✓ No violence
- ✓ No exclusive relationships

January - February 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25th	26th Group Induction	27th	28th	29th
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st FEB EXPLORE your Mindset	2nd EXPLORE your Confidence	3rd Mental Well being	4th 1 to 1	5th
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8th Physical Well being	9th Healthy Eating	10th Identity and Stereotypes	11th 1 to 1	12th
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15th Money management	16th Employability	17th Celebration	18th 1 to 1 Next Steps	19th
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd	23rd	24th	25th	26th

There are limited places, so book early.

For any enquiries please contact Tom Christensen

tom.christensen@princes-trust.org.uk  
07973612728



**WE'RE HERE  
TO HELP  
YOU REACH  
YOUR GOALS**

To enquire about either or both courses or to find out more please email:

[emily.spruce@princes-trust.org.uk](mailto:emily.spruce@princes-trust.org.uk) – Get Started w/ Web Design

[tom.christensen@princes-trust.org.uk](mailto:tom.christensen@princes-trust.org.uk) – Online EXPLORE

**OR** call 0800 842 842 to book a young person onto either of the taster sessions for these courses.



## DWP – Youth Hour Employment Events

**Please find below the upcoming schedule for the Youth Hour 2pm -3pm, held on our [Twitter feed](#).**

24<sup>th</sup> November – Apprenticeships

8<sup>th</sup> Dec – Xmas/Temp Jobs (Just after the end of current gov restrictions and we predict some last minute jobs for Xmas)

22<sup>nd</sup> Dec – Recap of the journey so far.

5<sup>th</sup> Jan – New Year, New Job. – This is likely to be around pivoting people into different sectors using their current skills and experience.

19<sup>th</sup> Jan – Inspiration week – Looking to get young people talking about their journey back to work, and additional peer support.

2<sup>nd</sup> Feb – Apprenticeships – The week after is National Apprenticeship Week

16<sup>th</sup> Feb – Care Jobs – The week after is the national “We can care” campaign

2<sup>nd</sup> Mar – Where to look for jobs, jobshelp site

16<sup>th</sup> Mar – CV’s and Applications

30<sup>th</sup> Mar – Interview and employability skills. These last three in partnership with NCS.

Thank you for all your support so far with the project, using the hashtag #YouthHubBristol the engagement continues to grow. By all taking part we increase coverage for all involved. If anyone else wants to host a takeover one week please get in touch. [Southwest.socialmedia@dwp.gov.uk](mailto:Southwest.socialmedia@dwp.gov.uk)

Please note our handle is now JCP@Brs\_Bath covering both city areas.



Born2Be Records – Opportunity for Music Enthusiasts between the age of 16 and 25 years



**BORN2BE  
RECORDS**

## **WE'RE HIRING ARTIST MANAGERS**

Successful applicants for the paid opportunities will be required to support, guide, & work with their artist at Born2Be Records.

**APPLY BY SENDING AN EXPRESSION OF  
INTEREST TO OUR EMAIL-**

*Email us -*

[info@born2berecords.com](mailto:info@born2berecords.com)

*Connect With Us -*

[@Born2BeRecords](#)

Born2Be Records is proud to present an opportunity for music enthusiasts between the ages of 16-25 who are interested in progressing the modern music of black origin scene, to join our exclusive new record label, in Bristol.

**We have two different roles within this exciting opportunity. Recruited candidates will be paid the living wage.**

The Artist Manager (A&R) role requires you to;

- Keeping artist moving towards targets
- Helping artist to acquire what's needed to make their music
- Looking after artist's wellbeing
- Organisation for the artist
- Creating business opportunities
- Keeping up with trends
- Helping to run label as a whole



The Artist Manager (Agent) role requires you to:

- Keeping artist moving towards targets
- Advocating
- Marketing
- Plugging
- Networking
- Creating business opportunities
- Keeping up with trend
- Helping to run label as a whole

For both roles you will gain valuable industry skills and experience!

Helping to run the label as a whole; all managers will be required to uphold Born2Be's brand, vision, and mission.



Email: [info@born2berecords.com](mailto:info@born2berecords.com)



# Information for People Affected by their Parent's Drinking

## Ways to feel better

### Talk to someone you trust

Talking about how you feel is not being disloyal to your family and can help you to feel less alone. At Nacoo we understand the problems you're going through. Sometimes, simply talking or writing to someone can help.

### Make time for yourself

You are important. Find time for things that interest you. Sometimes worries take over, and taking even a short break can help.

### Understand that your feelings are normal

It's OK to hate the problems that alcoholism can cause, yet love the person who is drinking. Alcohol problems in the family often result in complicated, confusing and upsetting feelings.

### Read people's experiences on our website

Hearing about other people's life experiences often helps us to make sense of our own situation and feelings. Although every family is unique, there are many similarities in how alcohol problems affect the family.

### Access other sources of support

The Nacoo helpline is here for you. We can also research services in your area that may be helpful. You may find the following organisations of interest:

- ACA – Support group for adults who have grown up in alcoholic families ([adultchildrenofalcoholics.co.uk](http://adultchildrenofalcoholics.co.uk))
- Al-Anon Family Groups – Support for people affected by someone else's drinking ([al-anonuk.org.uk](http://al-anonuk.org.uk))
- BACP – Information about counselling and how to find a counsellor ([itsgoodtotalk.org.uk](http://itsgoodtotalk.org.uk))
- COAP – Online forum for young people affected by a parent's addiction ([coap.org.uk](http://coap.org.uk))

*"I look upon discovering Nacoo as nothing short of a miracle, the information and support you provide paving the way to a new life, a fresh start and to leave behind over forty years of unhappiness, pain and tension." Cathy, 43*



Nacoo was founded in 1990 to address the problems faced by children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

## Nacoo's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£10, £5 or £3) to 70070 or visit [nacoo.org.uk/getinvolved](http://nacoo.org.uk/getinvolved)

*"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15*

## Patrons

Tony Adams MBE • Olly Barkley • Calum Best  
Lauren Booth • Geraldine James OBE • Elle Macpherson  
Suzanne Stafford CQSW • David Yelland

Helpline: 0800 358 3456 [helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)  
Post: PO Box 64, Bristol BS16 2UH  
Admin: 0117 924 8005 [admin@nacoo.org.uk](mailto:admin@nacoo.org.uk)  
Website: [nacoo.org.uk](http://nacoo.org.uk)

## Information for people affected by their parent's drinking



[nacoo.org.uk](http://nacoo.org.uk)

Registered Charity No: 1009143



FREE Helpline 0800 358 3456  
[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

## You are not alone

1 in 5 children in the UK live with a parent who drinks hazily. Millions of adults in the UK are still being affected by their parents' drinking or the knock-on effects of growing up in a home where alcohol was a problem.

There is no lower or upper age limit to be affected by your parent, step-parent or carer's drinking and sometimes the problems only become apparent in adulthood. You can be affected whether or not you still live with them, or whether they are still drinking or still alive.

Nacoo is here for everyone affected by a parent's alcohol problems. Our helpline is a safe place where you can talk about things that are going on for you and how you are feeling. We are here to listen and will help for as long as you want. There is no need to give us your name and you can tell us as little or as much as you want. We will not judge and what you say will remain confidential.

## Callers often talk about:

- feeling different from other people
- having difficulty with relationships
- fearing rejection and abandonment, yet rejecting others
- being loyal even when loyalty is undeserved
- finding it difficult to have fun
- judging themselves without mercy
- fearing failure, but sabotaging success
- over-reacting to changes over which they have no control
- lying when it would be just as easy to tell the truth
- guessing at what 'normal' is

*"I was never allowed to be a child: I had to spend every night keeping my parents from fighting. I never learned to play. Now, I can't make friends; I never learned to let people close to me. Even my relatives seem to live in a different world." Andrew, 35*

## Alcohol problems and the family

Alcoholism is like an illness and can affect people of all ages and from all walks of life. People with alcohol problems have lost control over their drinking and usually need help in order to stop. They continue to drink despite negative effects on their lives, their health, and those around them.

When someone has a drink problem, alcohol often becomes their main focus. As the drinker organises his/her life around alcohol, other family members can be left feeling unimportant and confused. Children often feel responsible for their parents' problems, even though they are not.

Families adapt to cope and the drink problem often becomes the family secret. The family rules **don't talk, don't trust, don't feel** develop to keep the problem hidden from the outside world and protect the illusion of a 'normal' family.

*"Through all those times of fear, embarrassment, we acted as if nothing was wrong. I wished that someone would see the pain behind the facade and would care. We knew not to talk about Dad's drinking. If we ignored it, we could all pretend it wasn't happening. I'm still haunted by my memories." Anon*

Living with alcoholism can be chaotic and lead to other problems – parents may have money worries, argue, become violent or withdraw from family life, suffering with anxiety, depression and mood swings. What's OK one day may not be the next. Children often feel confused, frightened, anxious, lonely, embarrassed, guilty and ashamed.

Children are more likely to suffer from low self-esteem, depression and thoughts of suicide, and sometimes use drink, drugs and addictive behaviours, such as eating disorders and self-harm, in order to cope. Despite this, many grow up to lead happy and healthy lives. Just being aware of the problem and having support can help.

*"Being brought up in an alcoholic family I was used to living in chaos and fear and learnt many coping strategies to help me to survive." Angela, 25*

## What you can do

Support is available for people who need help to stop drinking. However, they have to accept they have a problem and want to stop. You can feel better whether your parent continues to drink or not.

### Find out more about alcohol and the family

This can help you to understand what's going on and most importantly to look after yourself. See Nacoo's website for more information.

### Remember you are not responsible for people's drinking

Pouring away, watering down, or hiding alcohol may make things worse, and the person drinking may become angry, aggressive or secretive. Remember your parent's drinking is not, and never was, your fault.

### Remember alcohol affects the brain

People who drink often experience memory blackouts where they have no recollection of what they did, sometimes over significant periods of time. Try not to argue with someone when they are drinking; it may make things worse. They may say things that they normally wouldn't, and will often not remember the conversation afterwards.

### Be ready with information

Although you can't make someone stop drinking, you can have information to hand if and when they ask for it. Nacoo will happily research local support in your area. Sometimes, it's comforting to know what help is available.

### Be realistic

When someone is dependent on alcohol, the need to drink becomes so important that they may hurt and upset people they love. Promises are often made that are not kept. This can be very difficult for everyone in the family and feelings of being let down are common. It is important to look after yourself first. Sometimes this may mean distancing yourself from the drinker.

*"Thank you for the information. I come back from time to time, to remember it's not just me. I am not to blame and I am not alone." Tracey, 19*

0800 358 3456

[nacoo.org.uk](http://nacoo.org.uk)



[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

## Some Mums and Dads Drink too much



### Free helpline

- Information and on-going support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name
- You do not need to tell anyone else you are talking to us
- You can talk as often as you want



**Call**  
0800 358 3456



**Email**  
helpline@nacoe.org.uk



**Message Boards**  
nacoe.org.uk/messageboards

You can also find 24 hour support at ChildLine on 0800 1111

Nacoe was founded in 1990 to address the problems faced by children growing up in families where one or more parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

### Nacoe's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£20, £10 or £5) to 70070 or visit [nacoe.org.uk/getinvolved](http://nacoe.org.uk/getinvolved)

*"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15*

### Patrons

Tony Adams MBE - Olly Berkley - Celum Best - Liam Byrne MP  
Lauren Booth - Geraldine James OBE - Cherie Lunghi  
Elle Macpherson - Suzanne Stafford CQSW - David Yelland

Helpline: 0800 358 3456 [helpline@nacoe.org.uk](mailto:helpline@nacoe.org.uk)  
Post: PO Box 64, Bristol BS16 2UH  
Admin: 0117 924 8005 [admin@nacoe.org.uk](mailto:admin@nacoe.org.uk)  
Website: [nacoe.org.uk](http://nacoe.org.uk)

## Some mums & dads drink too much.....



[nacoe.org.uk](http://nacoe.org.uk)

Registered Charity No: 1009143



FREE Helpline 0800 358 3456  
[helpline@nacoe.org.uk](mailto:helpline@nacoe.org.uk)

### Do you....

- Feel too embarrassed to take friends home?
- Keep secrets about the problems affecting your family?
- Tell lies to cover up for someone else's drinking?
- Feel guilty and don't know why? Feel different from other children?
- Feel confused when mum or dad change when they drink?
- Feel nobody really cares what happens to you?
- Think no one could understand how you feel?

*"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my mum would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore."*  
Charlie, age 12

### Things to remember

- You are not alone
- When a parent has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if mum or dad don't stop drinking
- Talking can help you to feel less alone

### The Nacoe Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

### Ways to feel better

#### Talk to someone you trust

Talking about how you feel is not telling on your family.

#### Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

#### Talk to Nacoe

We understand the problem and you can trust us. You can talk to us on the phone, send an email, or use our online message boards. Talking can help you understand some of the confusing feelings.

#### Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoe website.

Visit our website  
[Nacoe.org.uk](http://Nacoe.org.uk) for lots more information and support

0800 358 3456

[nacoe.org.uk](http://nacoe.org.uk)



[helpline@nacoe.org.uk](mailto:helpline@nacoe.org.uk)



## Bristol Drugs Project – Youth Group



**M32 Youth Groups @ BDP Winter 2020**

The groups are an opportunity for young people aged 5-16, who have parents with problems with alcohol or other drugs, 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.

*We re-started groups in person in September in a new and larger venue ...please contact us if you want to chat or to refer a young person... no waiting list at present*

*Call 0117 987 6009 for more information*

**Youth Group**

# NEW LEAF

**cannabis advice + support\***

- 🍃 **Want to know more about cannabis?**
- 🍃 **Concerned around your smoking?**
- 🍃 **Becoming worried about how you are feeling and what you are doing?**
- 🍃 **Want to cut down or stop?**
- 🍃 **Anxious about someone you care for?**

**\*For young people aged 11 - 19**

**0117 987 6009**

**[newleaf@bdp.org.uk](mailto:newleaf@bdp.org.uk)**

**This project is supported by  
the CHK Foundation.**



# Service Updates and Information for Parents and Carers





## **Covid-19 vaccine - Tell us what you think**

The NHS are getting ready to deliver a Covid-19 vaccination programme.

To help them plan and prepare for this in Bristol, North Somerset and South Gloucestershire they are asking people to share their thoughts and feelings about vaccinations and the potential Covid-19 vaccines. Your responses will help them better understand how to communicate and engage with people about the Covid-19 vaccine programme.

This survey should take 5 minutes to complete and all information provided will be kept confidential, anonymous and will not be shared with any third parties.

[https://www.surveymonkey.co.uk/r/C19\\_vac2](https://www.surveymonkey.co.uk/r/C19_vac2)

## Are You OK? – Keeping Bristol Safe Partnership Campaign

Coronavirus and the lockdown has caused lots of problems for everyone. Some people have struggled with their mental health, some people have struggled with money because of losing their jobs and some people have not been safe at home during this time.

Lockdown and the Coronavirus has meant that adults who argue and fight in the home are more likely to fight and argue and have no space to get away. This is scary for everyone in the home. Being stuck at home has also meant that children and vulnerable adults who are not looked after properly by their family or carers are more likely to get hurt.

This makes us worried. We worry that people like teachers, doctors, and youth workers, haven't been able to see the adults and children who are most vulnerable and can't get the help they need.

*Are You Ok?* is us asking you to check on your friends, family and neighbours. We know that sometimes this can be hard, but we need some help to check if people are ok. If you are worried that someone is not ok, then this webpage should help you to find the right people to contact to support your friend, family member or neighbour.

### **How can you help?**

There are some simple steps you can take to help your friends, family and neighbours during this difficult time.

Have regular conversations with someone and if you see changes that you are worried about, support them to get the right help. If something doesn't feel quite right, there is usually a reason for it.

[Click here for more information and a short animation](#)

# Are you OK?

How to ask someone if they are OK during the coronavirus pandemic

Keeping Bristol Safe Partnership Online Workshop

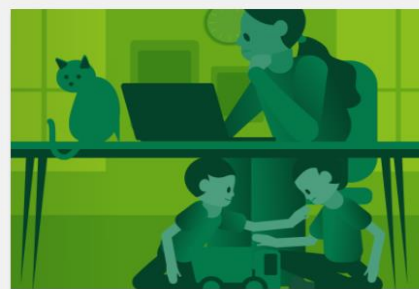
Wednesday 17<sup>th</sup> February 2021

[Keep an eye on the website for more details](#)



## Are you OK?

Supporting people across the city to look out for friends, family and neighbours



## How to ask

When and how to start the conversation



## Spotting the Signs

How you can tell if someone needs help



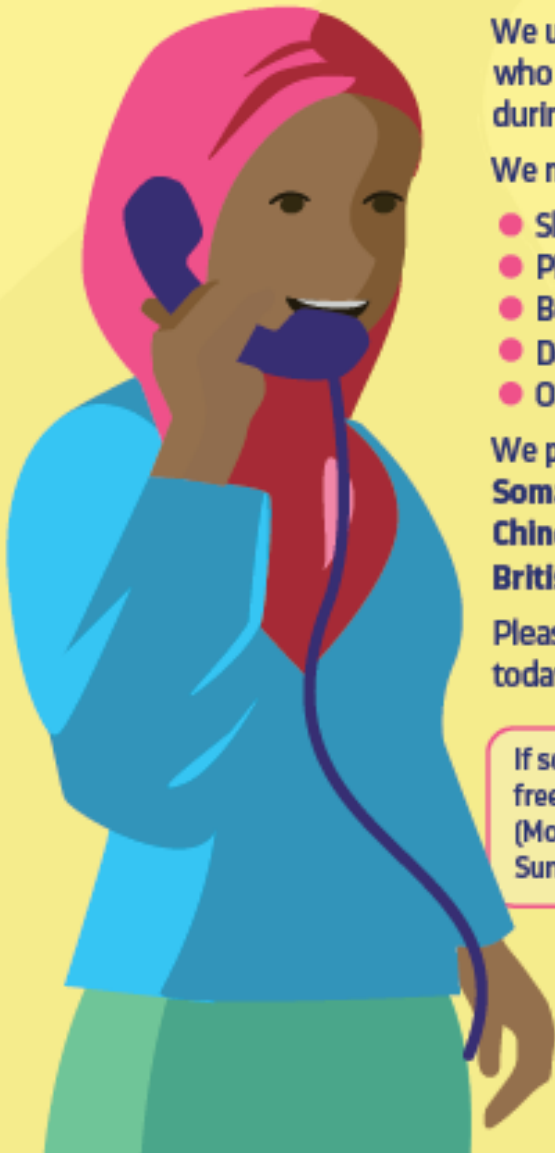
## Getting help

Services that are available to offer support

# Join Bristol's volunteer response to coronavirus



**Can you spare a few hours and help those who need it most?**



We urgently need volunteers to support people who are vulnerable, lonely and self-isolating during the coronavirus (COVID-19) pandemic.

We need volunteers to help with:

- Shopping
- Picking up prescriptions
- Befriending (friendly phone calls)
- Dog walking
- Online/technical support

We particularly need volunteers who can speak in **Somali, Polish, Arabic, Urdu, Punjabi, Bengali, Chinese or Kurdish**, and people who can sign in **British Sign Language**.

Please sign up to volunteer with Can Do Bristol today at: [candobristol.co.uk/activity/c19-winter](https://candobristol.co.uk/activity/c19-winter)

If someone you know of needs help, they can call the free **We Are Bristol** helpline on **0800 694 0184** (Monday to Friday, 8.30am to 5pm, Saturday and Sunday, 10am to 2pm)



**If you are over 50 and  
have been affected by  
Covid-19 we can help**



**Community  
Navigators**  
North Bristol

**Community Navigators can support older people  
living in Lockleaze, Horfield, Shirehampton or  
Avonmouth with:**

- 1-1 short term peer support and befriending to help build your confidence if your wellbeing has been affected by lockdown and Covid-19.
- Support to find activities and connections locally and online to help you reduce feelings of loneliness and isolation.
- Referrals to other services that can help your confidence, wellbeing and social connections.

\*Services are likely to change in response to local lockdown and Government guidelines.

**Please contact Miranda**

**Tel: 07927 029875**

**Email: [miranda@northbristoladvice.org.uk](mailto:miranda@northbristoladvice.org.uk)**



## Empower Period Ending Period Poverty and Shame: The Gathering – A Creative Celebration of our Collective Power



### Empower Period: The Gathering

*A creative celebration of our collective power*

We have stood together through a difficult year and achieved amazing things. Together we are more **POWERFUL** than we realise.

We have stepped in and met the urgent needs of over **8,000** vulnerable young people across our community.

We have protected **200** at-risk girls from grave harm, and the safety of hundreds more.

We have brought together over **1,000** advocates to shape an agenda that leaves no one behind.

Join us to celebrate our collective power to build a world where everyone can realise their full potential.



Here's how you can get involved:

1. **Get your hands on one of our Power Packs.** These packs contain paints and a postcard for you to cover with your images, quotes and inspiration on the theme "Our Collective Power."
2. **Come along to one of our Power Painting Parties** and design your postcard online with other members of the Irise community.
3. **Post your postcard back to us.** We will assemble them into one exhibition, celebrating our diverse and disruptive power.
4. **Join The Gathering online event.** We will launch this incredible exhibition online and award some exciting prizes to your favourite postcards. These lovely entries will be made into T-shirts and bags in 2021 so you can share near and far.
5. **Keep an eye on the post.** Everyone who takes part will receive someone else's postcard. Put it on your wall to remind yourself that we are POWERFUL.

If you're based outside of the UK you can still take part. Design your own 4x6 inch postcard and email us a photo to [info@irise.org.uk](mailto:info@irise.org.uk) making "Power Postcard" the subject of the email.

**How to get your Power Pack:**

We know 2020 has been a really tough year for many. [Claim your free Power Pack here.](#)

If you're able to, please consider becoming a long term ally by signing up for a regular donation. This will help us continue to stand with the most vulnerable people in our community. You can also donate to cover the cost of your Power Pack so as many people in our community take part as possible. A donation of £10 covers the cost of your pack and would enable us to reach one more vulnerable young woman or girl with vital support.



## Read Easy – Helping Adults Learn to Read



Helping adults learn to read

Read Easy is a not-for-profit organisation that recruits, trains and supports volunteers to give one-to-one tuition to adults who struggle with reading.

For more information visit the website: <https://readeasy.org.uk/groups/bristol/>



## South Bristol Children's Centre – Groups and Services

### SBCC Groups and Services – November 2020

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES

Start date	Group name & brief Description/target group	How to apply
<b>10/11/2020</b> 11:00-11:30am  <b>17/11/2020</b> 11:00-11:30am  <b>24.11.20</b> 11:00-11:30am	<b>How babies learn to talk</b>  This is a one off 30-minute session for parents and their babies up to 18 months with a Speech and language therapist. Find out how your baby is learning all about language, even now before they're talking. We'll show you what to look out for, what to expect as baby grows and how you can help them on their way. It's a virtual 'baby group' with some other mums and dads from the area. It's very casual and informal, you can have baby on your knee, just come along and find out the amazing things your baby's brain is up to!	Contact the link to sign up, receive an online invitation.  <a href="https://www.surveymonkey.co.uk/r/7QDCYYX">https://www.surveymonkey.co.uk/r/7QDCYYX</a> or email Anne-Marie  <a href="mailto:acray@ican.org.uk">acray@ican.org.uk</a>
<b>Redcatch Park.</b> <b>17/11/2020</b> 10:00-10:45 am  <b>Harbourside.</b> <b>Meeting at</b> <b>Freeling House</b> <b>11/11/2020</b> 9:45-11:00am	<b>Walk, Talk &amp; Support</b>  A fun and gentle walking, talking and movement session for new parents. We will start with a light warm up followed by a walk, and movement break and ending with a cool down. All exercises are optional and gentle.	To Book for Knowle Please text or call Tracey on 07920 416161  To Book Harbourside Please call Lucie on 07469 413136
Wednesday's  9:30-10:00 am  <b>On Zoom every week.</b>	<b>Zoom Sing and Sign</b> Live from Knowle Community Room two weekly with Gemma, Duane and Bill the Music Man. Come and join the fun! Half an hour of music, rhymes and action songs. A great way to start your day with a smile!	Please text or call Tracey on  07920 416161  To Book


<p>Thursday's 10:00-10:30am 6 weeks running at <b>Stockwood</b> <b>Starting January.</b></p>	<p><b>Stockwood Baby group Walk &amp; Talk.</b> A fun and gentle walking and talking group in the local area. A chance to meet new mums and talk about your Babies development whilst we walk and benefit from gentle exercise in the fresh air. Groups will also include singing with your babies.</p>	<p>Please text or call Lucie on  07469 413136  For more details</p>
<p>Monday's 10:00 – 10:35am <b>8 weeks</b></p>	<p><b>Tots Talking</b> 35-minute session  Come along to 8 weekly sessions to find out how you can help your two-year-old with talking and learning.</p>	<p>Contact the link to sign up, receive an online invitation and then Anne-Marie will contact you with more information. <a href="https://www.surveymonkey.co.uk/r/7QDCYYX">https://www.surveymonkey.co.uk/r/7QDCYYX</a> or email Anne-Marie Cray acray@ican.org.uk</p>
<p>Tuesdays 1:00-2:00 pm 6 week's Course <b>Hartcliffe</b></p>	<p><b>Five Baby Thrive</b> Five Baby Thrive is a baby group for babies under one year old, underpinned by the <b>Five to Thrive</b> approach. Using the five building blocks to help build a healthy brain for babies.</p>	<p>Please text or call either Kelly on 07795952628 Aimi on 07920416399 To Book</p>
<p><b>Monday, Tuesday, Wednesday &amp; Friday</b> group support offered via Facebook. The two groups offering support on <b>Thursday</b> will be on line. Please see how to apply for more information on how to find out about the session's</p>	<p><b>Breastfeeding Support</b>  We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on all topics relating to Breast Feeding. These Include: Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, mixed feeding, and stopping breastfeeding.</p>	<p>Please Email Sandra at <a href="mailto:BristolBreastfeeding@bristol.gov.uk">BristolBreastfeeding@bristol.gov.uk</a> for more information  or see Facebook page  Bristol Breastfeeding Mummies.  Bristol Breastfeeding Support Service.  Bristol Breastfeeding.</p>

<p><b>Starting January.</b></p> <p>10:00-11:00 am</p> <p><b>Zoom for twelve weeks</b></p>	<p><b>Rockabye.</b></p> <p>One hour's group for parents with babies aged between 2-8 months feeling anxious about having a new baby.</p> <p>It is designed to increase confidence and help understand your baby's non-verbal cues.</p> <p>Enjoy quality time with your baby through being together as a virtual group and finding out about using rhymes, music and colourful engaging props.</p>	<p>Please call Leanne on</p> <p>07795952691</p> <p>To book &amp; check availability. If you think you would benefit from this group.</p>
<p><b>Starting January</b> Wednesday's</p> <p>1:30-2:30 pm</p> <p><b>Zoom for seven weeks</b></p>	<p><b>New Parent Talk Group</b></p> <p>One hour Zoom sessions for parents with babies under four months old. The course will help you to socialise on line with other new parents and develop an understanding of FIVE TO THRIVE.</p> <ul style="list-style-type: none"> <li>• Early brain development</li> <li>• Sleep patterns</li> <li>• Baby massage</li> <li>• Creating a wellbeing plan for you</li> <li>• Creating play resources for your baby</li> <li>• Speech and language session</li> <li>• Baby wellbeing session</li> <li>• Weaning</li> </ul>	<p>Anna McVey at Bedminster Children's Centre on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p>
<p><b>Tuesdays</b> <b>Stockwood</b> 1:00-2:00pm 10/11/2020 <b>Knowle</b> 1:00-2:00pm 11/11/2020 <b>Bedminster</b> 10:30-11:30 &amp; 1:00-2:00pm 13/11/2020</p>	<p><b>Wild Tots</b></p> <p>Outdoor stay and play session to explore the nature all around us and taking part in fun activities. The activities are based around nature and the seasons and active fun.</p>	<p>To Book and check availability.</p> <p>Please text or call Helen on: 07920 416405</p>
<p>Tuesday's <b>Knowle</b> 10:00-12:00pm Thursday's <b>Bedminster</b> 10:30-12:30pm</p>	<p><b>Health Visitors</b></p> <p>Any enquires, concerns and information to do with your baby.</p>	<p>Please contact the Health Visitors directly On 0300 125 6264 To discuss any queries.</p>

<p>Tuesday's 3:00- 5:00pm <b>Knowle</b></p> <p>Thursday's 1:00-3:00 pm <b>Inn's Court</b></p> <p>Wednesday's 11:30-1:30pm <b>Redcliffe</b></p> <p>Tuesday's 9:15-11:15am <b>Stockwood</b></p> <p>Friday's 11:00-1:00pm <b>Hartcliffe</b></p>	<p><b>Food Clubs.</b> Supporting Local Families with food at an affordable cost. £1 membership fee for the year then £3:50 a week if you attend. Each week boxes include Fresh Veg, Meat, Dairy and store cupboard essentials.</p>	<p>To register and for more information please contact the below members of staff.</p> <p>For Knowle and Inn's Court Contact Duane on 07795952961</p> <p>For Redcliffe contact Fatuma on 07795952446</p> <p>For Stockwood contact Lucie on 07469 413136</p> <p>For Hartcliffe contact Ruth on 07880467135</p>
<p>Tuesday's 9:15-10:15am</p> <p>Fridays 11:00-12:00pm <b>Bishopsworth.</b></p>	<p><b>Baby Massage</b> Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. it can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.</p>	<p>Contact Deb on 07795953067</p> <p>To check availability and Book</p>
<p>Tuesday's 11:00-12:00pm</p> <p>Friday's 9:15-10:15am <b>Bishopsworth.</b></p>	<p><b>Baby Group</b> Come along to baby group and spend time with your baby singing, playing and learning. Each session will include singing nursery rhymes with props, a talk time relevant to life with a new baby such as sleep, looking after baby and yourself, and gaining more knowledge on your Babies development. Then calm down time at the end with bubbles. We can also support you and your family with a range of other worries and concerns during the sessions.</p>	<p>Contact Daisy on 07795953069</p> <p>To check availability and book.</p>



<p>Mondays 9:30-11:30am <b>Starting January 2021</b> <b>Bedminster</b></p>	<p><b>Grow a Garden</b> This group will be offered to Low income families and low qualifications.</p>	<p>Please contact Lucy Fieldhouse on  0778 8353 446  To Book and for more information</p>
<p>Tuesday's <b>Bedminster</b> <b>10:00-12:00pm</b></p>	<p><b>Nurture</b> <b>A 10 week's programme which gives you ways to help deal with the challenges of family life, to give you a calmer happier lifestyle.</b></p>	<p>Please contact Pascale on 07795952565  To Book and check availability.</p>
<p>Tuesday's 11:00-12:00pm 2:00-3:00pm <b>from November 10<sup>th</sup></b>  <b>Bedminster</b></p>	<p><b>Babes and Mums playing (Non- mobile babies only)</b> Each week we will be introducing you to ideas to boost your baby's development with items found at home, sensory play ideas, songs and question time for Mums.</p>	<p>Anna McVey at Bedminster Children's Centre on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p>
<p>Tuesday's 9:00-12:00pm <b>Bishopsworth</b></p> <p>Monday's 12:30-3:30pm <b>Hartcliffe</b></p> <p>Tuesdays 12:30-2:30pm <b>Knowle</b></p> <p>Tuesday's 9:00-12:00pm <b>Bedminster</b></p> <p>Thursday's 12:00-3:00pm <b>Stockwood</b></p>	<p><b>Family Support Helpline.</b>  'A Family Support Worker will be available to Listen, Support &amp; Signpost you to appropriate services'</p>	<p>For Bishopsworth please contact Joan on: 07881034544</p> <p>For Hartcliffe please contact Aimi on: 07920416399</p> <p>For Knowle please contact Diane on: 07392108882</p> <p>For Bedminster please contact Sharon on: 07795952596</p> <p>For Stockwood please contact Lucie On 07469413136</p>
<p><b>One off session</b> <b>Monthly</b></p>	<p><b>Infant Feeding Workshop</b> Free workshop for expectant parents. Topics covered what to expect in early days and weeks. Information &amp; advice on feeding your baby.</p>	<p>Contact Tracey at <a href="mailto:tracey.robinson@bristol-schools.uk">tracey.robinson@bristol-schools.uk</a> To book and more information.</p>

## North Bristol Children's Centre Timetable and information



### Virtual Timetable

Access activities, advice & support from the safety of your home via Zoom groups, Facebook posts & our website

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Baby</b> <b>Via Zoom</b> <b>10:30AM – 11:00AM</b> Songs and stories to enjoy with your babies. Please contact us at nbcc@bristol-schools.uk for details.	<b>Parenting Tips</b> See our weekly posts for tips and ideas for parents.	<b>Stay &amp; Play</b> <b>10AM</b> Activity ideas and stories aimed at 0-5 year olds.	<b>Message Board</b> Information about services available & how to access them. Videos, links and information.	<b>Health Matters</b> Ideas, links and videos for adults and children about how to stay mentally and physically well.
<b>Early Birds Group</b> <b>Via Zoom</b> <b>1:30PM – 2:30PM</b> A group for families with babies born prematurely or who have spent time in special care after birth. Please call Filton Avenue 0117 3772685 for more information.	Please Like, Share & Follow Us   NorthBristolCC	<b>Breastfeeding Support</b> Weekly information, videos and Facebook groups for advice and support with breastfeeding.	<b>Online Learning &amp; Employment</b> Look out for our weekly posts about virtual community learning and employment support.	<div style="border: 1px dashed black; padding: 10px;"> <b>Key</b>  <b>Facebook Post</b>  <b>Zoom Group</b> </div>

[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)



North Bristol Children's Centres (NBCC) are now open to support all families with young children under five years of age. Our current service offer of course looks different, but we are discovering new and creative ways of working.

We are accepting referrals for 1:1 work, usually seeing parents in the Centres or outside but we will



visit in the home. Small targeted support groups and non-mobile baby groups are running, and our spaces are regularly being used to facilitate family time.

In addition, during December the team has access to a wide range of food and activity bags suitable for the festive period. So please contact us if you have families you are working with who you feel would benefit from receiving a parcel.

To speak to someone please ring one of the numbers below:

Long Cross Children's Centre 0117 9030740

Southmead Children's Centre 0117 3772344

Filton Avenue Children's Centre 0117 3772685

# Strengthening Families, Strengthening Communities Parenting Programme

## Strengthening Families Strengthening Communities Parenting Programme

### Online, Group and 1:1 Telephone Coaching Support for Parents



Strengthening Families, Strengthening Communities (SFSC) is a parenting programme designed to support parents to raise happy and successful children by getting access to information and strategies for bringing up their children and meeting other parents.



Wellspring Settlement, 43 Ducie Road, Barton Hill, Bristol BS5 0AX Tel/Fax - 0117 955 6971  
Email - [admin@bartonhillsettlement.org.uk](mailto:admin@bartonhillsettlement.org.uk) Website - [www.bartonhillsettlement.org.uk](http://www.bartonhillsettlement.org.uk)  
A company limited by guarantee, registered in England, number 5031499, and registered as a charity, number 1103139

### SFSC Online Zoom Parenting Programme

A 5 week programme

Starting on Wednesday 13<sup>th</sup> January 2021

11 - 1pm

### SFSC Parenting Programme

A 12 week programme

Starting Tuesday 12<sup>th</sup> January 2021

9.30 -12.30pm at Wellspring Settlement,

43 Ducie Road, Barton Hill, Bristol, BS5 0AX

### SFSC 1:1 Telephone Coaching

Parenting Programme via the phone by a scheduled weekly appointment



To book a place or for further information contact Sally Williams 0117 9556971



## 5 session

Online weekly facilitated Parenting Programme

**strengthening  
families  
strengthening  
communities**

**The SFSC online course is based on the evidenced based SFSC groupwork curriculum.**

SFSC online provides parents with an introduction to some of the key concepts contained in the groupwork programme. Including:

- Mental, physical, spiritual and emotional rite of passage
- An introduction to behaviour management strategies
- Factors influencing behaviour
- Circles of support and community
- Healthy relationships
- Developmental information

Parents will be reminded via email and text message about attending sessions and sent course materials. After each session parents can arrange time with the facilitator to review and check on their learning and ask any questions



How do parents access the course?

Parents will be sent an online link to access the course and will be talked through what to do stage by stage.



### Further information:

**Sally Williams | [sallyw@bartonhillsettlement.org.uk](mailto:sallyw@bartonhillsettlement.org.uk) | 0117 9556971**

Wellspring Settlement, 45 Ducle Road, Barton Hill, Bristol BS5 0AX Tel/Fax - 0117 955 6971 email - [admin@bartonhillsettlement.org.uk](mailto:admin@bartonhillsettlement.org.uk) Website - [www.bartonhillsettlement.org.uk](http://www.bartonhillsettlement.org.uk)  
A company limited by guarantee, registered in England, number 5031499, and registered as a charity, number 1103139

## HAPPIE CIC NEWLETTER

NOVEMBER 2020

### Who are HappiMe?

We are a local, not-for-profit organisation based in Bristol. We offer therapy, coaching & workshops to young people, families & the professionals who work with them.

### What's new?

As children all over the country have returned to school, we understand that the last few months have been a real struggle for families everywhere. As a result, we are putting together FREE personalised resource packs for families who are unable to access therapy or coaching. Would you like to find out more? Click [here](#).

### Special Offer!

Book a FREE parent/carer consultation before the end of November 2020, & you will get 4 children's 1:1 sessions for only £225, with a free HappiMe Club strategy pack – filled with amazing tips & tricks!

This offer can be applied to both children's therapy & coaching. Ages 6-18.

We are currently offering all sessions via Zoom.

Get in touch today: [info@happi-me.org](mailto:info@happi-me.org) | 07894 966608.

### What are we reading?

'Lost Connections' by Johann Hari

Hari shares his journey with depression, & how this prompted him to investigate what really causes mood disorders & which solutions actually work. Sharing 9 key causes of depression & anxiety, along with 7 solutions, we really feel this book is a must read.

### This quarter's top tip!

"Picture Positive Reframing"

This strategy is great for children of all ages, who feel like their thoughts & feelings get in the way of trying new things. It's great fun too! Simply draw a line down the middle of a page, & on one side, ask your child to draw a picture of their worry... It may be a picture of a new place, or of a new club they wish to join. On the other half of the page, ask them to draw a picture of any positive scenarios that could happen. You can then ask them to write a helpful thought underneath. This is called 'cognitive reframing'. This psychological technique encourages children to look at worrying situations in a more helpful way.

## CONTACT US

[INFO@HAPPI-ME.ORG](mailto:info@happi-me.org) | [WWW.HAPPI-ME.ORG](http://WWW.HAPPI-ME.ORG)

HappiMe C.I.C | Reg: 0672447



## Engaged in Bristol

### ERIC's Parents & Carers Support Group in Bristol has re-engaged and is going online!

- We are delighted to be relaunching our parent carer support groups project, using Zoom due to Covid restrictions.
- Engaged is a group for anyone caring for a child or young person under the age of 19 who has a bowel or bladder condition.
- One daytime session and one evening session offered each week.
- An opportunity for parents to meet informally, chat and share experiences to build their support networks.

Please email [engaged@eric.org.uk](mailto:engaged@eric.org.uk) to register your interest or ask to be added to our closed Facebook group. We will then contact you with further details of the groups.



ERIC UK (Engaged in Bristol - ERIC's Parent and Carer Support Group)

Thanks to funding from the National Lottery Community Fund.



## Safe and Social-Support group for families and carers of exploited children

**A new free nationwide support group for families and carers who know how it feels to be worried about a child, who is being exploited.**



### About this Event

We want people to have a chance to talk with others who understand how it feels when their child is not at home, and they are worried they are being exploited. For some they may be in a gang, and for others they may not know what is happening to their child.

At the charity Missing People we work with lots of people who say that they want 'guidance and comfort' from others.

They describe the experience of having an exploited child as 'frightening and worrying' and that they feel 'helpless'

We are starting this new social group for people to come and be together, facilitated by staff and people can say as little or as much as they want.

The meetings will be on Zoom and people can choose to speak, to listen, to be anonymous. No pressure.

Sign up to come and try a session.

[Safe and Social-Support group for families and carers of exploited children Tickets, Multiple Dates | Eventbrite](#)



# WANT THE BEST FOR YOUR CHILD?

Kids Matter is a free friendly group for anyone with children aged 0-10 years. We discuss how to build strong families & help kids do their best in life.

**During the 6 weeks,  
we cover the following:**

**Taster** – Come and see what it's like to be a Kids Matter group

**Session 1** – Being a strong family

**Session 2** – Loving our children well

**Session 3** – Play, encouragement and listening

**Session 4** – Routines, choices and rewards

**Session 5** – Family rules and consequences

**Session 6** – The bigger picture

**Booster** – Checking in 3 months later

Every session will have a warm welcome, drinks and snacks. At the moment we are unable to provide a creche.



**Kids Matter is up and running, within Covid guidelines, in Southmead at St Stephen's Church Hall, Ullswater Road, BS10 6DP.**

**Contact: Joanna Bacon 07812 207185 or**

**Trenna Blundell 07446375698 for more info.**

Registered charity in England & Wales 1163617

**JOIN US FOR ....**

**PARENTS & CARERS  
SPEAK**

**MONDAY DECEMBER 14TH**  
**ONLINE: 5.30PM -7PM**

Guest speakers

Safe and supportive place to connect

**ZOOM LINK SENT VIA EMAIL /TEXT**  
**1HR BEFORE MEETING**

Parent led topics

Advice & support



**Share Parenting Journeys**

Book online or to arrange 1-1 phone call with Judit  
Email: [parents@fullcircleproject.org.uk](mailto:parents@fullcircleproject.org.uk) or call Michelle 07710396744/  
[michelle.mcmorrow@bristol.gov.uk](mailto:michelle.mcmorrow@bristol.gov.uk) working in partnership Safer option team







## DO YOU HAVE A CHILD WITH CHALLENGING BEHAVIOUR

Are you a parent, carer, Foster Carer, guardian etc who would like to...

Share your concerns with others who understand?

Have information of what to do, where to go and who to call?

Feel supported and listened to in a friendly environment?

## BENEFITS:

- 1 To improve communication with child and parent to reconnect positively 'Connection before Correction'
- 2 Learn how to de-escalate challenging behaviour
- 3 Explore how to identify and prioritize behaviors and actions in order to effectively support the child
- 4 Increase parental presence and confidence when challenged with difficult behaviour in order to manage it better
- 5 Encourage acts of kindness and love (not rewards)
- 6 Reflect on the importance of self-care and well-being for parents

WalkwithMeUK has years of

experience to equip Parents, Carers, Foster Carers and Guardians with strategies and tools to practically manage challenges such as violent, aggressive, controlling, destructive, self-harm behaviours from their children and young people that are often linked to e.g. school exclusions, special educational needs, grooming and child exploitation; to strengthen and rebuild relationships within families and communities using the Non-Violent Resistance (NVR) approach to create an enriched and harmonious lifestyle.



## **LOOK FORWARD TO HEARING FROM YOU**

Contact us by phone, email or the contact form

Phone: 07883654495 Email:

[info@walkwithmeuk.co.uk](mailto:info@walkwithmeuk.co.uk)

# **Gympanzees<sup>®</sup>** **Lending Library**

**Borrow our specialist equipment and toys for FREE!**

## Equipment includes:

### - **Calm Sensory Equipment:**

Vibrating mats, mood eggs and wheelchair accessible dark den

### - **Indoor Play Equipment**

Large and small including mats, clown run, A-Frame and spinning chairs

### - **Soft Play Equipment**

Adventure car, jungle animals, rocking unicorn & more

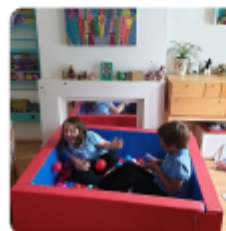
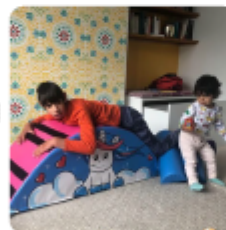
### - **Gym Equipment**

IJoyTwist and IJoy Ride, exercise balls

### - **Mixed Sensory Boxes**

A selection of visual, proprioception and tactile, auditory and movement toys and equipment

We offer delivery to BS postcodes or collection to those in the surrounding areas. You will have the equipment for 2 weeks!



**Register for an account at**  
**<https://lendinglibrary.gympanzees.org/>**

Hi there,

As you know we normally run inclusive Pop-Up events twice a year! However, due to COVID-19 we weren't able to do this. Following feedback from our families during the initial lockdown we created [Gympanzees 'Our Home'](#), an online resource hub full of ideas and explanation videos on how people with any disability can stay active, complete therapy, and play, at home using things that can be found around the home.

We also have disability-specific webinars from specialist therapists on our [website](#) and [YouTube channel](#) and our free Lending Library. The Lending Library is a 2-week service, where families can access an ever-growing list of specialist equipment. This includes sensory boxes, adapted equipment as well as loads of play, therapy, and sports equipment. The equipment is all fully inclusive. We offer deliveries in the Bristol area for a small fee or collection from our storage base which is in Bedminster continuing throughout lockdown.

We have received so much positive feedback about our Lending Library since its launch! We would love to reach and benefit as many families as possible, so it would be great if you could share some information about the Lending Library in your enewsletter, social media accounts and to your family lists.



Heart to Heart Bristol – Counselling Service



We are a low cost counselling service in Kingswood Bristol who offer a safe and confidential place to explore your issues and concerns.

We cover a wide range of issues at prices that meet your financial circumstances. Book your session today

[www.HearttoHeartBristol.co.uk](http://www.HearttoHeartBristol.co.uk)

**Call us on: 07926314739**



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](http://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](mailto:bristollocaloffer@bristol.gov.uk)



## Alternative Learning Provision - Parent/Carer Survey

This is a chance for you to tell us about the experiences in Alternative Learning Provision (ALP) of your child or the child you care for.

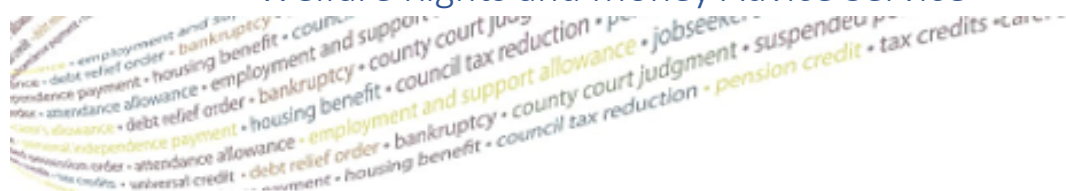
ALP is somewhere your child can learn when they are unable to remain in school, either because of physical or mental health reasons, exclusion or because they need additional support. There are a number of types of ALP including hospital education, a Pupil Referral Unit (PRU), tutoring or mentoring, or a programme a child attends outside of the classroom.

Bristol City Council wants to know about the experiences of your child, or the child you care for, so that we can improve how ALP services are delivered. All of the information you share with us is completely confidential, and you can miss out any questions you don't want to answer. Personal details will not be shared and we will ensure that no respondent can be identified when we publish the results of this survey. You can read more about how Bristol City Council will use your data on the "About you" page at the end of this survey.

If your child, or the child you care for, has attended more than one ALP setting please can you answer these questions about the most recent experience.

The survey will run until 11<sup>th</sup> December and can be found here: -  
[www.bristol.gov.uk/ALPParentCarer](http://www.bristol.gov.uk/ALPParentCarer)

## Welfare Rights and Money Advice Service



## Welfare Rights and Money Advice Service

### We could help you

Hello to you.

The Welfare Rights and Money Advice Service (WRAMAS) exists to help to make sure that people in Bristol know what welfare benefits they are entitled to and how to claim them, getting expert advice along the way.

This is extremely important for people on low incomes during the coronavirus pandemic.

- Don't know what you may be entitled to?
- Need some help or advice on a benefit related issue?
- Not sure how to fill in a claim form? Having difficulty writing about your problems?
- Want to know how your other benefits may be affected?
- Would like some advice on a new or existing claim for a disability benefit?

Claiming the right benefits or finding information can be hard work and very confusing, but don't give up! WE CAN HELP.

If you need help or advice there is a confidential helpline available:

T: (0117) 352 1888

E: [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk)

Monday, Tuesday, Thursday, Friday: 8.30 am – 1.00 pm (Wednesday closed all day)

If you prefer not to make a call or email us yourself, you can ask a professional working with you, a friend or relative, to contact us on your behalf.

You can also find advice and information, some of it specific to the coronavirus pandemic, on our website: <https://www.bristol.gov.uk/benefits-financial-help>

We're looking forward to hearing from you.  
Thanks and take care,  
WRAMAS



This factsheet is produced by Bristol City Council Welfare Rights and Money Advice Service October 2020





**North Bristol  
Advice Centre**

**Money or benefits problems?**

**We are Debt and Welfare  
Benefits specialists**

**Call 07731 842 763,  
07595 047 278 or visit  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)**

**FREE expert advice in North  
Bristol and South Gloucestershire**



## Bristol Belonging Survey



Survey for Children and Young People to inform the Bristol Belonging Strategy

**We know this is another survey, but we are making sure that adults talk to you about and hear what you think and how you feel. It's important to have your voices heard, especially as this will affect young people, so have your voices heard.**

**We want to know how you feel about belonging in Bristol, in particular about where you live, your school and in your family. Your feedback will feed into an overall plan that will bring together different pieces of work by the Council. We want to support you to look beyond your community and think about the whole city and feed into the Belonging Strategy for Bristol City Council.**

**The Belonging Strategy is being written about you, so help us influence it. It will feed into and change youth services in the city.**

*- Written by the Youth Consultation Team for the Belonging Strategy*

What does it mean to 'belong'? Belonging is a sense of fitting in, feeling welcomed and represented, being respected and valued in a group, situation or in a place, a feeling that can enable individuals to contribute and make things happen.

The survey will be live for 8 weeks (6 October - 30 November) and you can enter a prize draw if you wish.

Should you have any questions related to the survey please contact [carolin.peto@bristol.gov.uk](mailto:carolin.peto@bristol.gov.uk)

There is an easy read version of the survey available [here](#).

[Survey for Children and Young People to inform the Bristol Belonging Strategy - Bristol - Citizen Space](#)

# 10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS



## TALKING

By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support



## CONNECTING

Connecting with friends and family on a regular basis can help boost mood and reduce stress



## VALUES

Staying connected to your values and things that are important to you will help provide you with a sense of meaning



## THINKING ERRORS

Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles



## RELAXATION

Scheduling in time for yourself where you can relax is important for your overall wellbeing



## EXERCISE

Engaging in regular exercise can support you to feel better and less stressed



## MINDFULNESS

Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment



## STRENGTHS

Identifying and working towards your strengths daily will provide you with an extra sense of confidence



## PROBLEM SOLVE

Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing



## CHALLENGING THOUGHTS

Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



@BELIEVEPHQ





Show of Strength Theatre Company - Theatre Walks in Clifton and  
Bedminster



### CRIME AND CRINOLINES IN CLIFTON

New December dates

**Tue 15th, Fri 18th, Sun 20th, Wed 23rd, Sun 27th, Tue 29th**

Weekdays 6pm    Sundays 4pm

Those elegant facades hold extraordinary stories – a runaway Empress, an Oratory that housed the Holy Grail, even a brush with Jack the Ripper. With fabulous buildings and scenery, Clifton looks particularly beautiful these dark December nights.

[Full details and tickets](#)

### BLOOD AND BUTCHERY IN BEDMINSTER

New December dates

**Tue 22nd, Mon 28th, Wed 30th all at 6pm**

The Bedminster Bridge Murder; a book bound in human skin; the biggest heist in history; Nero the man eating lion – and Bedminster's own Romeo and Juliet.

*"consistently and magnificently superb"* — @WeirdBristol on Twitter  
And our audiences say, *"as good as the best London walks"*.

Tickets £10 – buy a friend a Christmas treat 🎁

[Full details and tickets](#)



# Employment and Training Opportunities

## St Werburghs City Farm – Trustee Opportunity

St Werburghs City Farm in Bristol is seeking to diversify its trustee board and particularly want to hear from females, people from ethnically diverse communities and people with lived experience of poor mental health or disabilities.

St Werburghs City Farm is a small local charity, which specialises in nature connection and outdoor engagement activities that promote greater health and wellbeing - such as placements for adults with learning disabilities; helping young people at risk of exclusion; or providing a supportive place for someone struggling with their mental health to build skills and confidence.

The Farm's trustees are all volunteers and work with the leadership team to guide the charity and make sure it delivers for beneficiaries. Trustees meet 6 times a year and also volunteer at some of the community events. Being a trustee is a great way to contribute to the community and a cause you care about. It's also a great way to put your professional skills to use and a fantastic opportunity to learn new things too.

We are now seeking more trustees to join our board and help guide our future. If you, or someone you know, have experience in strategy, planning, communication, safeguarding, community partnership, running a small business, fundraising or veterinary practice, we are looking for your experience to boost our trustee group. Trustee training is provided.

Please share this with your friends and family in the Bristol area! If you are interested in understanding more about this opportunity, you can call the Farm directly on 0117 942 8241 to arrange an informal chat.

<https://www.swcityfarm.co.uk/trustees/>

# Future Me

Free career development support  
for women in North Bristol

- > Careers advice to help you identify a career path that's right for you.
- > Support to find the right course or qualifications.
- > We will act on your behalf to address any issues or barriers.
- > Signposting to courses or activities to help you build your confidence.

Improve your  
employability and get  
started on a satisfying career.

Contact Lavern Forbes on 07936 943 583  
[lavern@northbristoladvice.org.uk](mailto:lavern@northbristoladvice.org.uk)  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)



## Community Learning – New Year Opportunities

**Community Learning Bristol – online and classroom based courses for adults aged 19 years with few or no formal qualifications**

If you are worried about getting started with online learning please call one of the contacts and they will be able to organise support for you.

Course	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Family Learning (Bristol)</b>					
<b>Bring Books and Stories to Life</b> (Support your child's love of books)	4.15pm to 5.15pm (after school sessions with your child)	Wednesdays January start date TBC	6	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Online after school course with the children (Zoom and Google Classroom)
<b>Intro to Playing Outdoors</b> (Practical support and ideas on how to play outdoors with your children and use nature safely)	TBC	March 2021	TBC	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	TBC
<b>Employability (Bristol)</b>					
<b>Introduction to Health and Beauty</b> (Learn new skills and explore qualifications to get into working in the sector)	6 pm to 8 pm	11/01/21 Mondays	6	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Online
<b>Level 1 Award in Health and Social Care</b>	10am to 12noon	08/01/21 Fridays	10	Julie St Jean Dick 07469413348 <a href="mailto:julie.st.jean.dick@bristol.gov.uk">julie.st.jean.dick@bristol.gov.uk</a>	Online
<b>Intro to Office Skills/IT for Employment</b>	10am to 12noon	Tuesdays Start date in new year TBC	7	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Online, Zoom and Google Classroom <b>Suits English levels Entry 3 and above</b>
<b>Confidence &amp; Aspirations, Health &amp; Wellbeing (Bristol)</b>					
<b>Feel Good Outdoors Workshop</b> (Taster session to find out more about a 6 week course in January)	<b>POSTPONED</b> Please contact Suzanne to register	<b>POSTPONED</b>	1	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Lawrence Weston Community Farm

	interest				
<b>Feel Good Outdoors Workshop</b> (Taster session to find out more about a 6 week course in January)	<b>POSTPONED</b> Please contact Lucy to register interest	<b>POSTPONED</b>	1	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Redcatch Community Gardens, Knowle
<b>Feel Good Outdoors – Winter</b> (Explore benefits to health and wellbeing in the outdoors)	10am to 12.30pm	08/01/21 Fridays	6	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Redcatch Community Gardens, Knowle
<b>Live Well Eat Well</b> (Healthy cooking and healthy life choices)	10am to 12 noon	14/01/21 Thursdays	6	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Knowle West Health Park
<b>New Year New You</b> (Build confidence and skills, create a CV and plan for the year)	1pm to 3pm	14/01/21 Thursdays	6	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Knowle West Health Park
<b>*Time for Change part 1</b> (Covers Resilience and Grit, Individual Motivation and Coping with Change)	TBC	14/01/21 Thursdays & Fridays	3	Jane Franklin 07518576597 <a href="mailto:admin@c-cbed.com">admin@c-cbed.com</a>	Online
<b>Grow your Group – Grow your Garden</b> (Learn how to grow fruit & veg and get your fingers green. Help set up a group to look after and develop a community garden at the centre.)	9.30am to 11.30am	18/01/21 Mondays	6	Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	Compass Point Children's Centre, British Road BS3
<b>Cooking on a Budget</b> (Budget for and cook tasty, healthy recipes using everyday items available from Food Banks and the Food Stock project)	Coming soon! Please contact Suzanne to register interest	Coming soon!	4 TBC in new year	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Online, Zoom Suits English Entry Level 3 and above

#### Functional Skills (Bristol)

Brush Up Your English and Brush Up Your Maths courses leading to Functional Skills at Entry Level 3, and Level 1 will start in the new year, details TBC

Non accredited Functional Skills, ESOL & Language (Bristol)					
<b>ESOL Conversation Clubs</b>	Various times			<a href="mailto:esolconversationclubs@bristol.gov.uk">esolconversationclubs@bristol.gov.uk</a> for more information check our website <a href="http://www.esolcc.org">www.esolcc.org</a>	Online using Zoom
<b>ESOL Online Evening Course</b> (Aimed at E3 learners. Improve your Reading, Writing, Speaking and Listening skills)	5.30pm to 7.30pm	13/01/21 Wednesdays	10	Shani Smith <a href="mailto:shani.smith@bristol.gov.uk">shani.smith@bristol.gov.uk</a>	Online using zoom and Google classroom
<b>ESOL Advanced</b>	10am to 12noon	08/01/21 Fridays	8	Julie St Jean Dick 07469413348 <a href="mailto:julie.st.jean.dick.@bristol.gov.uk">julie.st.jean.dick.@bristol.gov.uk</a>	Online
<b>ESOL for Beginners</b>	10am to 12noon	13/01/21 Wednesdays	8	Julie St Jean Dick 07469413348 <a href="mailto:julie.st.jean.dick.@bristol.gov.uk">julie.st.jean.dick.@bristol.gov.uk</a>	Online
<b>ESOL for Beginners and For Work</b>	Please contact Suzanne to register interest	Start date Jan/Feb		Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Online
<b>*ESOL conversation class</b> (Designed to help learners to gain confidence in everyday life including work, school and in the community)	For people living in North Somerset	05/01/21	8	<a href="mailto:admin@c-cbed.com">admin@c-cbed.com</a>	Online

We are working hard to develop a wide range of online courses and so please call us if you do not see a course you are looking for, it might be that we will be offering it soon.

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

Check our website [www.communitylearningwest.net](http://www.communitylearningwest.net)

Check our Facebook page <https://www.facebook.com/BristolCommunityLearning/>



# Support Lines

**HELPLINES' DIRECTORY** - [www.safeguardingschools.co.uk](http://www.safeguardingschools.co.uk)

Children of Addicted Parents and People (COAP) ..... via website only  
National Association for Children of Alcoholics ..... 0800 358 3456  
Young People and Gambling ..... 0808 8020 133

Child Bereavement Network ..... via website only  
Child Death Helpline ..... 0800 282 986  
Childhood Bereavement Network ..... 020 7843 6309  
Cruse Bereavement Care ..... 0808 808 1677  
Grief Encounter ..... via website only  
Hope Again ..... 0808 808 1677  
Winston's Wish ..... 08088 020 021

Anti-bullying alliance ..... via website only  
Bullying UK ..... via website only  
Ditch The Label ..... via website only

Macmillan Cancer Support ..... 0808 808 00 00

National Information Centre on Children of Offenders ..... via website only  
National Prisoners' Families Helpline ..... 0808 808 2003

Runaway Helpline ..... 116 000

Action for Children ..... via website only  
Barnardos ..... via website only  
Childline ..... 0800 1111  
Children's Society ..... via website only  
NSPCC ..... 0808 800 5000  
British Association for Counselling and Psychotherapy ..... via website only

Crime Stoppers ..... 0800 555 111  
Fearless (Crime Stoppers for Young People) ..... via website only

Galop (LGBT) ..... 0800 999 5428  
National Domestic Violence Helpline ..... 0808 2000 247  
Refuge ..... 0808 2000 247

Talk to Frank ..... via website only

Muslim Youth Helpline ..... 0808 808 2008

Africans Unite Against Child Abuse .....	via website only
Daughters of Eve .....	via website only
Forward UK .....	0208 960 4000
NSPCC FGM Helpline .....	0800 028 3550
Karma Nirvana .....	0800 5999 247
Shelter .....	0808 800 4444
Stonewall .....	0207 593 1850
Coram Voice .....	0808 800 5792
The Care Advice Line .....	020 7017 8901
Anna Freud National Centre for Children & Families .....	via website only
Anxiety UK .....	03444 775 774
B-eat eating disorders .....	0808 801 0711
Bipolar UK .....	0333 323 3880
CALM (Campaign Against Living Miserably) .....	0800 58 58 58
Charlie Waller Memorial Trust .....	via website only
HeadMeds .....	via website only
Heads Together .....	via website only
Kooth .....	via website only
Mentally Healthy Schools .....	via website only
MindEd for Families .....	via website only
National Self Harm Network .....	via website only
OCD Action .....	0845 390 6232
OCD-UK .....	via website only
Papyrus (Suicide support) .....	via website only
Rethink Mental Illness .....	via website only
Samaritans .....	116 123
Sane .....	0300 304 7000
Selfharm UK .....	via website only
The Mix .....	0808 808 4994
The Royal College of Psychiatrists .....	via website only
Young Minds .....	via website only
Young Minds Parents Helpline .....	0808 802 554
Migrant Children's Project .....	0207 636 8505
Child Exploitation Online Protection Centre .....	via website only
National Professionals Online Safety Helpline .....	0344 381 4772
Net-Aware .....	via website only
Safer Internet .....	via website only
Think U Know .....	via website only
Parent Line Plus .....	0808 800 2222
Harmless .....	via website only
National Self Harm Network .....	via website only
Self-injury support (Girls) .....	0808 800 8088

MOSAC (Mothers of Sexually Abused Children) .....	0800 980 1958
Stop It Now .....	0808 1000 900
The Lucy Faithfull Foundation .....	01527 591922
Check Your Bits (Chlamydia Testing) .....	via website only
Getting It On .....	via website only
Sexual Health Helpline .....	0300 123 7123
Brook .....	via website only
Education Support Partnership .....	08000 562 561
NSPCC Whistleblowing Helpline .....	0800 028 0285