



## **North area Bulletin May 2019**

Hi all,

Welcome to the May information bulletin for the North area, produced by the North Families in Focus team.

Please find included a wealth of information regarding forthcoming events, training and opportunities for families, young people and professionals working with them.

Many thanks to all our contributors for providing this information. We hope that you will find some opportunities which are of use to you or the children/families that you are working with- please feel free to share this with others and if anyone from your organisation or team wishes to be added to our mailing list just get in touch.

Please note that this information is being shared by Families In Focus but if you require any further details you are best off contacting the relevant organisation/team. All information is provided by the organisers and Families in Focus hold no responsibility for their contents. Bristol City Council does not endorse the organisations or activities and you should make your own checks to satisfy yourself of the quality of the services on offer. If you would like information in other languages or in different readable formats, please contact the original agency who will hopefully be able to help you.

If you have anything you would like us to send out to our network (of over 700 recipients) in our next bulletin please send a flyer or document to [familiesinfocusnorth@bristol.gov.uk](mailto:familiesinfocusnorth@bristol.gov.uk). We aim to get our next bulletin sent out before the Summer Holidays so please ensure any items for inclusion are sent through by 4<sup>th</sup> July so we can get the bulletin sent out the following week. We cannot guarantee to include everything but will prioritise information on activities that practitioners will find useful in their organisation or to pass on to families.

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## Opportunities and activities for children & young people



community arts centre  
queens road  
withywood  
bristol bs13 8lf

 creativeworkspacebristol

# MAY HALF TERM FAMILY ARTS

ALL AGES WELCOME

## CREATE AN ART GALLERY

**PLUS  
COMMUNITY CAFE**

Make different kinds of art each day  
Take your art home or leave it to be  
exhibited in our gallery & collect it on  
Saturday.

**11AM-3PM EACH DAY**  
ALL EVENTS £2.50 PER CHILD IN ADVANCE VIA  
[www.creativeworkspacebristol.co.uk](http://www.creativeworkspacebristol.co.uk)

TUES 28 MAY	WED 29 MAY	THUR 30 MAY	FRI 31 MAY
			
STAR THEMED COLLAGE PICTURES	FABRIC PICTURES (NO SEW)	CARTOONS & GRAPHIC NOVELS	EXPLORE PAINT & DRESS UP AS A FAMOUS PAINTING



**SAT 1 JUNE**  
GALLERY OPENING PARTY!  
LIVE MUSIC, WALKABOUT THEATRE,  
COMPETITIONS & MORE!



supported by Bristol City  
Council Cultural  
Investment Programme



# **THE RANCH MAY HALF TERM**

Weds 29th May

2 - 5pm

Bike Swap - Lifecycle



Thurs 30th May

2 - 5pm

Face/Body Painting



Sat 1st June

12.30 - 4pm

Drumming Workshop



Doncaster Road, Southmead  
0117 9551561





Early Years &  
Childcare Service  
Working in  
partnership for  
children and families



Community Children's  
Health Partnership



nbcc  
north bristol children's centres

# Stay & Play!

**Long Cross Specialist Children Centre**

Offering accessible Stay & Play session for children up to  
10 years with a disability and their families.

Socialise,  
share ideas  
& experiences

Come and tell us  
how we can help  
support families  
of disabled  
children

Get together  
with other  
families of  
disabled children



**Tuesday**

28<sup>th</sup> May 2019

12.45-2.30pm

*We have Bristol Bears' Spectrum at the Stay and Play session between 1.00-2.00pm to deliver a fun and inclusive, multi-sensory games and sports; Spectrum is the SEN and disability provision within the Bristol Bears Community Foundation.*

For more information contact:

Helen Cottrell on 07825315732

Lynda Fullerton-Jones on 07827306204

Jo Crock on 07810500222

Long Cross Specialist Children Centre BRISTOL BS11 0LP

01179030740

We look forward to seeing you!





**1545** Stokers Croft, Bristol

Walk about 4 mins to

**1545** Broadmead, Bond Street, Stop 10  
[SMS: Integrexit]  
Take 101 in Bristol, East & the West Bus 40  
towards Cross Causeway, Bus Station  
and get off at

**1633** Lawrence Weston, Badenhurst Grove(16) Bound  
(on Long Cross)

Walk about 2 mins to

**1635** BS11 5LP

[Local Map](#)

[Local Map](#)

[Translation](#)

[Local Map](#)

[Local Map](#)

[Walk to Stop](#)



CREATIVE  
YOUTH  
NETWORK.

# Creative Courses

Creative 10 week courses for you to develop skills, make work and achieve your Arts Award qualification. Show your work at an end of term event.

CREATIVE  
YOUTH  
NETWORK.

## Creative Courses

Summer term 29th April – 12th July  
11 – 16 year olds

### PRINTMAKING

Wednesdays, 5-7pm  
The Station, Silver Street  
BS1 2AG

### FASHION

Thursdays, 5-7pm  
The Station, Silver Street  
BS1 2AG

### MUSIC

Tuesdays, 5-7pm  
Greenway Centre, Doncaster Road  
BS10 5PY

### DANCE

Thursdays, 5:15-7:15pm  
Greenway Centre, Doncaster Road  
BS10 5PY

### ANIMATION

Thursdays, 5-7pm  
The Park Centre, Daventry Road  
BS4 1DQ

### PERFORMANCE

Tuesdays, 5-7pm  
Meeting House, 52 Wedmore Vale  
BS3 5HX

### FILM MAKING

Thursdays, 5-7pm  
Hillfields Youth Centre, Thicket  
Road BS16 4EH

**We provide FREE Creative Courses  
in your local area.**

Work with professional film makers, DJs, dancers, animators, visual artists, fashion designers or theatre makers.

Develop your talent, skills and confidence.

Have fun and tell your own story.

*"The course gave me a space where I knew no idea is a bad one and the Creative Youth Workers helped me turn those ideas into reality."*

**Courses are free!**

**To book and for more info:**

[creativeyouthnetwork.org.uk/creativecourses](http://creativeyouthnetwork.org.uk/creativecourses)

[creative.dept@creativeyouthnetwork.org.uk](mailto:creative.dept@creativeyouthnetwork.org.uk) / 0117 947 7948



REG CHARITY: 266318 | REG CO. IN ENG: 01099684 | VAT NO: 110992037

CREATIVE  
YOUTH  
NETWORK.

# WELLBEING

Do things feel tough sometimes?  
Struggling to cope with your feelings?  
Are you 13-19 and looking for wellbeing support?

## Join our weekly drop-in group

Relax, make new friends and take part in fun, interactive games that are designed to help you explore and manage your thoughts, feelings, and actions.

You'll be welcomed by our friendly, trustworthy wellbeing practitioners who are happy to listen over a cuppa and a biscuit. We're here to enable you to stay happy and healthy!

## Details

13-19 year olds  
Every Tuesday, 4:30 – 6:30 pm  
The Activity Room, The Greenway centre,  
Doncaster Road, Southmead, BS10 5PY

## Get in touch

Marcus – 07864 920 295  
Melissa – 07734 366 378  
[www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk)



@creative\_youth



/creativeyouthnet

Funded by:



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# STEP TO FUTURE

16-25 and looking for a job, a course or a training opportunity?

Come along to get support to find the right place for you.

We can help you find and apply for jobs, apprenticeships, courses, work experience or volunteering.

You can also use our computers for your own job search.

**Book now**

[www.creativeyouthnetwork.org.uk/step-to-future](http://www.creativeyouthnetwork.org.uk/step-to-future)

EVERY WEDNESDAY, 2-4PM – FREE  
THE STATION, SILVER STREET, BS1 2AG



West of England Works

REG CHARITY 286218 | REG. CO. IN ENG. 2109684 | VUE NO. 110992027

Funded by:



# UP YOUR GAME

Employability through creativity

## Creative workshops to improve your employability skills

Increase your confidence to wow in your next interview, work in a team and practice public speaking – all through fun, creative activities.

**Every Monday**  
**3rd June – 8th August**  
**Redbrick House, 6 York Court,**  
**Wilder St, Bristol BS2 8QH**

### Book now:

[www.creativeyouthnetwork.org.uk/up-your-game](http://www.creativeyouthnetwork.org.uk/up-your-game)

Delivered by:

Funded by:

CREATIVE  
YOUTH  
NETWORK

West of England Works



REG-CHARITY: 266318 | REG-CO: IN-ENGL: 01099654 | VAT NO: 110992037

**CREATIVE  
YOUTH  
NETWORK.**

*Join the adventure*

Your energy won't go to waste in this buzzing adventure playground. With sports, drop slide and zip wire, and activities that unleash your creativity, every week is a new adventure.



11-17 year olds

Every Wednesday, 5:30pm – 8pm

Lockleaze Adventure Playground,  
70 Hogarth Walk, Bristol BS7 9TB

**Get in touch:**

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

[info@creativeyouthnetwork.org.uk](mailto:info@creativeyouthnetwork.org.uk) / 0117 947 7948



@creative.youth



lockleaze.youthnet

BFSS CHARITY 304515 | BFSS CO. IN THE CROWN BAR | SAT FICS 110990037





**help at hand**

In care, leaving care, living away from home, need help?

**0800 528 0731**  
[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)



### Need help?

If you're a young person in care, a care leaver, or living away from home and need advice or support – we're here to help.

**We offer support and advice if:**  
 you want to make a complaint / you're not getting the right support / you're worried about placement moves, housing, finances or your future / you're not being heard / you feel unsafe



### Get in touch

We'll listen and ask questions to understand your situation and views. It's confidential and free!

You can reach us on **0800 528 0731** or  
[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)  
 between 9am and 5pm, Monday to Friday



### We'll take action

We'll give you advice and support. We'll use our influence to make sure your rights are upheld.

**We'll do this by:**  
 offering advice when you need information  
 assistance when you need support  
 representation when you need someone to listen





# Therapeutic support for children and families.

Website: [www.jackdawplaytherapy.co.uk](http://www.jackdawplaytherapy.co.uk)

Email: [info@jackdawplaytherapy.co.uk](mailto:info@jackdawplaytherapy.co.uk)

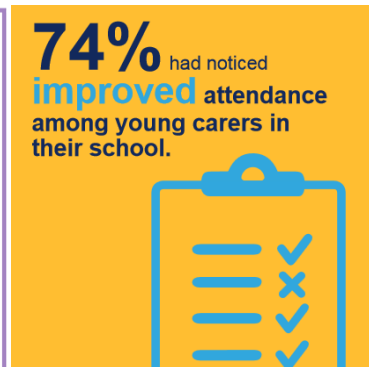
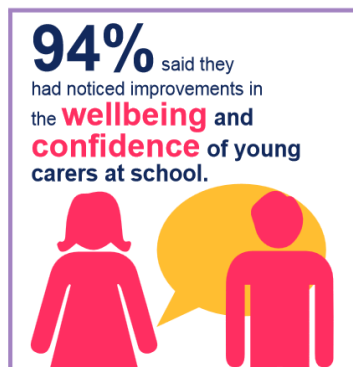
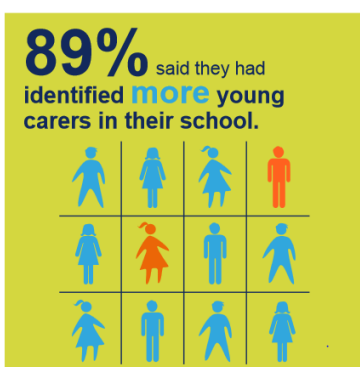
Telephone number: 07929651657

We offer a range of services in Bristol and South Gloucestershire. Our aim is to offer a creative, playful and cohesive approach with a strong commitment to providing accessible, high quality clinical services to a wide range of individuals and families. These include.

- Play and creative Arts Therapy.
- Creative Clinical Supervision.
- Parent Child Attachment Play.
- Therapeutic Life Story Work.
- Watch Wait and Wonder.
- Talks and experiential workshops for professionals (CPD)

## Young Carers in Schools

Young Carers in School is an England wide Programme which aims to help schools identify and support young carers in school. It was designed by Carers Trust and The Children's Society; Carers Support Centre Bristol and South Gloucestershire Young Carers Service deliver the programme as a network partner. Through this the programme helps to increase identification, improve attainment, attendance and by participating schools can demonstrate to Ofsted that they are meeting the needs of young carers, specifically mentioned in the Inspection Framework, 2015, as well as achieve an England wide recognised award for your schools work.



### Young Carers in Schools offers:

- A baseline review
- Step by Step Guide
- Webinars, Videos, Case Studies
- Termly e-Newletters
- Young Carers in Schools Award
- Staff Training
- Assemblies
- Network Meetings



For more information contact  
Vicki Houselander  
**Young Carers in Schools**  
**Development Worker**  
[VickiH@carerssupportcentre.org.uk](mailto:VickiH@carerssupportcentre.org.uk)  
0117 9589980

## About us

The Out and About Team offer a variety of different services to support Children and Young People with additional needs.

Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years.



We provide a variety of different services for Children and Young People these include:

- Specific provision for Sensory Impairments
- Specific provision for Autistic Spectrum Disorder
- Specific provision for BME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Children and Young People with additional needs (5-8 years, 8-12 years, 13-19 years)

## After School Sessions

### After School Clubs:

Specific group for ASD on Tuesdays at Southmead Adventure Playground.  
- Ages 8-12 6.15-7.45 pm  
- Ages 13-18 7.45-9.15pm



### Evening Session:

For ages 13-18, 7-9.30pm Tuesdays  
- Hillfields Youth Centre, Fishponds

For ages 13-18, 7-9.30pm Thursdays  
- Filwood Community Centre, Knowle

For ages 13-18, 7-9.30pm Thursdays  
- Southmead Youth Centre



### After School Clubs:

Specific group for ASD on Thursdays at St Pauls Adventure Playground.  
- Ages 8-12 6.30-8pm  
- Ages 13-18 8-9.30pm



### Independent Living Skills:

Transition Group for Young People between the ages of 19-25 looking at a variety of skills needed for the transition into adulthood.

Once a month on a Thursday 7-9.30pm  
Southmead Youth Centre



### Evening Sessions (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.  
- Thursdays 5-7pm Woodside Centre in Kingswood.

## Contact Us

If you would like anymore information about any of the sessions offered please contact the Out and About referrals team:

[outandabout@wecil.co.uk](mailto:outandabout@wecil.co.uk)

07835611651

01179554070



Follow us on Facebook for the latest updates and news:  
[@outandaboutbristol](https://www.facebook.com/outandaboutbristol)



## Weekend Sessions

### Saturday Trips (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.  
Various Trips and activities throughout the year.

### Saturday Sessions (BME Specific):

For BME groups ages 5-18, 10am -6pm (including pick up/drop off). At various locations

### Saturday Sessions and Trips:

For all Young People with additional needs Between the ages of 13-18. Various Trips and activities throughout the year.



### Stay and Play:

- Ages 5-8  
Families are invited to come along  
- 10-12pm

Felix Road Adventure Playground.  
- 1st Saturday of the month

Inns Court Community Centre, with the Sensory Truck!  
- 2nd Saturday of the month

Southmead Adventure Playground  
- Last Sunday of the month



### Closed Play Session:

- Ages 8-12  
Closed Activity Session  
- Booking Required  
- 12.30-3.30pm



## Short Breaks for Children and Young People with additional needs



## School Holiday Sessions

### Holiday Sessions (BME Specific):

Holiday Sessions for BME groups, ages 5-18, 10am -6pm (including pick up/drop off).

Various places; Avon Valley, Hop Skip and Jump, Puxton Park, Bristol Zoo, Cinema, Bowling, Woodside centre.

### Family Activities:

Family Activities in school holidays, 2.5 hrs.  
Various places such as: skittles, bowling, climbing, swimming.



## Befriending

We link children and young people with volunteers so they can meet up regularly, it is all about building a friendship with someone you can trust to spend time with, giving you the independence and opportunities to do activities you like.



Please be aware that not all of our sessions run weekly.

Please contact the Out and About Team for more information on exact dates of session delivery.





## CHANCE TO SHINE STREET

The Cricket World Cup 2019 is being hosted in England and Wales, with three warm-up games and three fixtures taking place in Bristol. Pakistan, Sri Lanka, Bangladesh and Afghanistan all feature here which is brilliant for the local community. Tickets are on sale and warm-up tickets for Under-16s are only **£1!** (Adult tickets are £15). It's the perfect opportunity for young people to see their childhood and national heroes. To buy tickets, all you have to do is visit <https://tickets.cricketworldcup.com/accountRegister.html> and register an account and follow the instructions. Any questions with this feel free to drop me a line.

If you know any ambitious 15-18 year old cricket players there is an opportunity for them to become the next superstar. The Gloucestershire Cricket Board are hosting a national competition called the ECB City Cup in which teams play each other locally in a T20 competition with a selected squad to then represent Bristol in the national rounds of the tournament. It is a great chance for young people to play the game they love, meet new people and face a new challenge. Talented individuals will then be invited to be a part of a development process which could see them have the opportunity of playing professional cricket. If you would like to nominate any talented individuals or know young people who just enjoy playing cricket please can you signpost them to [booking.ecb.co.uk/ECBCityCup2019](https://booking.ecb.co.uk/ECBCityCup2019). If you would like further information please visit the [GCB Website](https://www.gcb.co.uk) or contact Masoor Khan [Masoor.Khan@glosccc.co.uk](mailto:Masoor.Khan@glosccc.co.uk)



## For parents or all the family

the rainbow centre



helping bereaved children and their families



The Rainbow Centre for Children was founded over 30 years ago and provides free and professional support to children, young people and their families affected by bereavement.



When a child's Mother, Father, Brother or Sister dies, their lives change forever.

We provide a range of specialised services available to suit the needs of each individual child and their family and include:

- ▼ one-to-one counselling
- ▼ art, drama and play therapies
- ▼ facilitated family workshops
- ▼ facilitated youth workshops
- ▼ family fun days
- ▼ advisory services



Over 40,000 children are bereaved of a parent every year in the UK, that's 112 a day and 1 every 13 minutes.

For all enquiries:

0117 985 3343

27 Lilymead Avenue Bristol BS4 2BY

Email: [contact@rainbowcentre.org.uk](mailto:contact@rainbowcentre.org.uk)

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

Twitter: @rainbowcentre

[facebook.com/rainbowcentre](https://facebook.com/rainbowcentre)

The Rainbow Centre for Children is a company limited by guarantee registered in England number 06240935 Registered Charity No. 1120461.

### How can we access support from the Rainbow Centre?

Families can self refer or be referred by others. Call us to discuss and if you are suitable to benefit from our services a referral form can be sent.

The Rainbow Centre also offers support and training to schools, organisations and agencies; costings on request.

### What will happen?

Support may be offered by telephone or email. If a referral is progressed our Clinical Lead will meet with the family for the assessment and family support stage of our service. We will discuss which of our services may be most suitable.

The Rainbow Centre is a lifeline for children and their families and provides a range of services to support them through their grief journey.

There is a high demand for our services and we endeavour to continue supporting those in need and hope to reach a day where no child will have to experience grief alone.

*'We'd just like to express our gratitude to you and the Rainbow Centre for the work you do ... as we travel through and adjust to this blackest and blackest thing. We are grateful that places like The Rainbow Centre exist.'*



# Lawrence Weston Community Farm

## Free Family Half Term Activity & Summer Workshops



### Leaf Printing Workshop

**Wednesday 29th May  
1-3pm**

Join us in our Water Vole woodland for leaf printing. Bashing leaves with a hammer to make prints is great fun! With the APE Project.

## Spoon Making

**Saturday 25th May 10am - 4pm £45**

Make a useful utensil from absolute scratch! Starting with a log you will use traditional green woodworking tools to; split, axe, shave, carve and whittle yourself a spoon. You will rough out a blank, hollow out the bowl and refine the shape, as well as discussing the safe use of tools and the properties of different woods. Wooden spoons are invaluable in the kitchen or when camping. Creating something with your hands is a fantastic way to 'unplug and unwind', especially if outside in nature. This day will set you up with some basic green woodworking skills so you will be able to make other small items. Information will be given on the best knives to purchase if you want to keep whittling away at home.

This course is held outside in our Water Vole Woodland. There is uneven ground. Please call if you want to check access needs before booking. Adults only. Please bring lunch. Hot drinks provided. To book tickets please follow this link <https://wooden-spoon.eventbrite.co.uk>



## Fire by Friction: An Introduction to the Art of the Bow Drill

**Sunday 26th May 10am - 2pm £30**

A great way to learn a basic survival skill. Creating an ember and fire with a bow drill is hard work and requires perseverance but leads to a fantastic sense of achievement! We will learn the basic principles of fire lighting without matches, how to select materials, prepare a tinder bundle and nurture the precious spark into a flame! Bow drills will be supplied to use and ideas given for how to make your own at home. This course is held outside in our Water Vole Woodland. There is uneven ground. Please call if you want to check access needs

To book tickets please click <https://fire-by-friction-bow-drill.eventbrite.co.uk>







## Lawrence Weston Community Farm Introduction to Volunteering 2019



**Time: Mondays 10 - 1pm**

**Dates: June 17th and 24th, July 1st and 8th 2019**

**Venue: Lawrence Weston Community Farm**

This course is free for adults over 19 yrs with few or no qualifications.

For information on how to apply contact:  
[kerry@lwfarm.org.uk](mailto:kerry@lwfarm.org.uk) / 0117 9381128  
[www.lwfarm.org.uk](http://www.lwfarm.org.uk)

Funded by

**Skills  
Funding  
Agency**

**Learning  
Communities  
Team**



# Talking Tables Cooking Sessions

at Lawrence Weston Community Farm

Aged 50+ and want to feel more confident about cooking nutritious and tasty food? Want to meet and eat with people in a fun and friendly environment?

Every Tuesday  
4th June - 23rd July,  
1st October -  
19th November 2019

10am - 1pm

Free

Lawrence Weston  
Community Farm,  
Saltmarsh Drive,  
BS11 0NJ



*"I thoroughly enjoyed  
coming here on a  
Tuesday. I would wake up  
thinking, oh good it's a  
Talking Tables day today."*

Dawn, Talking Tables  
participant

Sessions are suitable for those with  
access and dietary requirements.  
All are welcome.

**Do you have travel concerns?**

Limited transport is available.

To book your place please contact  
Caroline McDonnell at LinkAge Network on:

**0117 353 3042**

LinkAge Network is the working name of  
LinkAge West of England Ltd.  
Company No. 1143815 in England and Wales.  
Company No. 01405291.



## Herbal First Aid

**Saturday 29th June 1-4pm £30**

There are many plants in our gardens and hedgerows, either cultivated or 'weeds' that can be used for herbal First Aid. Common plants such as Calendula and Plantain are extremely versatile and healing. Having a well stocked First Aid cabinet, means you'll be prepared for life's little accidents and making your own medicines is empowering and fun! When you make your own medicines, you know exactly what's in them and can tailor them to your own needs. Creating your own medicines also allows you to connect more deeply to nature and yourself. This workshop will involve a short foraging walk around the farm, learning to identify the correct plants and making a herbal salve to take home.

To book tickets please click <http://herbal-first-aid.eventbrite.co.uk>







## Lawrence Weston Community Farm Herbs for Health Project 2019



**Help sow and grow a range of herbs**  
**Learn about their different uses**  
**Have a go at using them for cooking and wellbeing**  
**Learn how to grow some herbs on your windowsill**  
**Help run a herb stall at the farm**  
**Meet new people and spend time outside**

**Time: Fridays 11 - 12.30am**

**Dates: First Friday of every month May - Dec 2019**

**Venue: Lawrence Weston Community Farm**

These sessions are for adults living locally to the farm. Free. No experience necessary. Please contact Kerry for more details of how to join the project.  
**kerry@lwfarm.org.uk / 0117 9381128**

Lawrence Weston Community Farm  
Saltmarsh Drive BS11 0NJ  
**www.lwfarm.org.uk**







Starting Wed June 27th 2018

Lawrence Weston Community Farm

# Walking Group

Wednesdays 2 - 3.30pm



**Improve your health and meet new people by joining our free, friendly, weekly walking group**

Our walks are aimed at people wanting to improve their physical and mental health through gentle walk exercise. They take place on the farm and surrounding green space and are between 30 - 60mins depending on walker's needs. We end the walk with tea / coffee and some time to chat in the farm's Community Room.

**Please arrive at 1.45 pm if it is your first time to fill in a registration form. (Walk starts at 2.00pm )**

**For any further information or to discuss any access needs, or if you would like to volunteer on the walks please contact:  
kerry@lwfarm.org.uk / 0117 9381128**

Lawrence Weston Community Farm  
Saltmarsh Drive BS11 ONJ

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

Charity No: 1046563 Company Ltd: 3040752



## Farm Hands 8 - 11yrs - Places Available

Farm Hands are weekend sessions for children living in Lawrence Weston, Sea Mills, Avonmouth and Shirehampton. The sessions are free but there are limited spaces.

Farm Hands work together in small groups on the farm and in the woodland. You will get involved in handling and feeding animals, gardening, mucking out, making crafts, welcoming visitors, making dens, incubating eggs, cooking on camp fires and more!

Drop into the farm to see Kerry and get an application form.  
Farm Hands is funded by BCC Children in Need.







#### What people say...

“

"It just broke my heart when I couldn't read to my twin daughters - now I can help them with their homework." - Sarah, Reader

"I now have more confidence and go to more places, as I find road signs and timetables easier. I am a keen cook and can now shop knowing I can find just what I want. And I'm reading to my daughter!" - Sean, Reader

"This has been one of the most rewarding activities I have ever participated in. It is wonderful to see how constant, steady progress can be achieved with just half an hour, twice a week, and I can think of few other skills you could teach someone that could be more empowering or life-changing." - Natalie, Reading Coach

”

#### Get in touch

If you...

- ✓ know someone who wants to learn to read
  - ✓ can read and would like to help someone else
- ...we'd love to hear from you!

Please contact:

Alison: 07922 654688  
email: [alison@readeasy.org.uk](mailto:alison@readeasy.org.uk)  
South Bristol

Lynda: 07999 432437  
email: [lynda@readeasy.org.uk](mailto:lynda@readeasy.org.uk)  
Central Bristol

Gill: 07941 078332  
email: [gill@readeasy.org.uk](mailto:gill@readeasy.org.uk)  
North & West Bristol

Shirley: 07305 952150  
email: [Shirley@readeasy.org.uk](mailto:Shirley@readeasy.org.uk)  
South Bristol Filwood

Visit us online:

**[readeasy.org.uk](http://readeasy.org.uk)**

Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151288)

 **Read Easy**  
Helping adults learn to read



#### Learn to read with Read Easy

Read Easy is a completely free one-to-one service designed for adults. Learn to read at your own pace, without pressure.

It's friendly, flexible and fun!



#### What we do

Read Easy local volunteer groups provide one-to-one reading coaching for adults.

More than 7%\* of adults in England never learnt to read at school. There are many reasons why some people find it difficult to learn to read when they are children, but the really good news is that it's never too late to learn!

\*Skills for Life Survey, 2011 (Dept. BIS)

#### Getting started is easy!

**Why not give it a go? You may find that one-to-one coaching is just what you need to improve your reading and build your confidence.**

Read Easy will provide those who want to learn to read with a volunteer to help them, special reading manuals to work through, and a comfortable place to meet at a time to suit them both. It's easy!

#### Who can learn?

Read Easy is suitable for any adult who wants to learn to read or who needs more confidence with their reading. It's a flexible, confidential, one-to-one scheme, so that you can learn quietly and comfortably at your own pace.

#### Who can volunteer to help?

Anyone who can read fluently themselves can apply to become a volunteer Reading Coach with their local group. After an initial selection procedure, volunteers will be given training and then matched up with those who want to learn.

#### What books will we use?

Read Easy Coaches and their Readers use the phonics-based **Turning Pages\*** manuals as their main resource. The manuals are easy to use and, with instructions for the Coach on every page, enable anyone who can read to coach someone else.

The programme also includes lots of reading books, especially written for adults, which can be read alongside the manuals.

\* Published by Shannon Trust



#### Where do we meet?

Readers and their Coaches will be given a choice of places to meet, so that they can choose somewhere that suits them both.

All our reading sessions take place in quiet, discreet venues, so that people can work without being overlooked, but where there will always be other people around.

#### How long will it take?

Reading sessions last half an hour and take place twice a week. Some people complete the course in as little as a year, while others take more than two years. The important thing is that everyone can learn at their own pace without feeling rushed.

Certificates are presented at intervals to recognise progress.

## BRISTOL AUTISM PROJECT

We are looking forward to the upcoming holidays and have some great activities lined up.

### BOOKINGS AND CONFIRMATIONS

To book activities you can use the booking form or just email. If you aren't using the booking form please be clear about which sessions you would like to attend and include all children's first and last names. Please return your bookings by Monday 13<sup>th</sup> May, and we will begin confirming activities at the coffee morning and by email on Wednesday 15<sup>th</sup> May. Please contact us if you have not received your confirmation by Monday 20<sup>th</sup> May 4pm.

### COFFEE MORNING

FACE is hosting a free coffee morning at our youth centre in Filton for parent / carer members of BAP and any parent or carer of children with Autism Spectrum Conditions (ASC) living in Bristol who would like to attend Bristol Autism Project. This will be on:

Tuesday 14<sup>th</sup> May 10.15am - 12.30pm

At FACE, Youth Centre, Elm Park, Filton, BS34 7PS



**Bristol Autism Project Contact Details:**  
Phone: 07384 210749 Email: [bap1819@facefilton.org.uk](mailto:bap1819@facefilton.org.uk)

**Programme & booking information:**  
[www.facefilton.org.uk](http://www.facefilton.org.uk)

**Booking form for the holidays follows on next page**



# Bristol Autism Project

## May Booking Form

If you would prefer to send your booking in an email, rather than use this booking form, please do so. Please include parent/carers name and full names of children attending each session. [bap1819@faceilton.org.uk](mailto:bap1819@faceilton.org.uk)

Parent/Carers Name:

Contact Email address or phone number:

Please write names of children attending each session in this column			Please write number of parent / carers attending the session
<i>Example: Tuesday 28<sup>th</sup> May Skittles Joe Bloggs, Mike Bloggs, and Sarah Bloggs</i>			<b>2</b>
Tues 28 <sup>th</sup> May Over 11's	Skittles and Pizza in Horfield	11.30am -2pm	
Weds 29 <sup>th</sup> May Under 11's	Trip on Number Seven Boats (No. 3 boat)	10-11am	
Weds 29 <sup>th</sup> May Under 11's	Trip on Number Seven Boats (No. 3 boat)	11.15-12.15pm	
Weds 29 <sup>th</sup> May Under 11's	Swimming at Hengrove	2-2.55pm	
Weds 29 <sup>th</sup> May Over 11's	Swimming at Hengrove	3-4pm	
Thurs 30 <sup>th</sup> May Under 11's	Hop, Skip and Jump	10am- 12pm	
Thurs 30 <sup>th</sup> May Joint session	Cineworld: Aladdin (PG)	1.30pm-3.30pm	
Thurs 30 <sup>th</sup> May Under 8's	Softplay at Action Sports	4.30-5.30pm	
Thurs 30 <sup>th</sup> May 8-11's	Softplay at Action Sports	5.30-6.30pm	
Fri 31 <sup>st</sup> May 8-11's	Bowling at Tenpin, Avonmeads	9.45-11 am	
Fri 31 <sup>st</sup> May Over 11's	Bowling at Tenpin, Avonmeads	11am-12pm	
Fri 31 <sup>st</sup> May Over 11s	Cycling at Warmley Wheelers	1-2.30pm	



[FOR FAMILIES: Family Day. Hall Explorers! Sunday 26 May. Colston Hall. FREE! 10am-3.30pm.](#)

**\*\*We are keen to partner with Bristol family support organisations to refer families to this event. We can provide transport and refreshments. Please contact [Julia.roderick@bristolplaysmusic.org](mailto:Julia.roderick@bristolplaysmusic.org) if you are interested in bringing families to this activity\*\*.**

Join workshop leaders and musicians for an interactive musical journey into the treasures, characters and legends of Colston Hall's 150 year history. Meet wrestlers, suffragettes, pop stars and rock stars as we uncover the hidden stories of the hall, create new music and song and perform together at the end of the day in an informal concert for friends and family. No musical experience necessary.

## Bristol based Parenting

### 2018-19 co-ordinated by the Families In Focus Parenting Team (FIFPT).

**All courses are Free & Term Time Only (Unless otherwise stated)**

**Bristol Parents/Carers are welcome to attend a course in any area.**

<http://www.bristol.gov.uk/page/children-and-young-people/parenting-courses-currently-running-bristol> If you are concerned about the well-being of a child please contact the **First Response Team** 0117 903 6444



## Free course for carers

### Caring with Confidence for Parent Carers

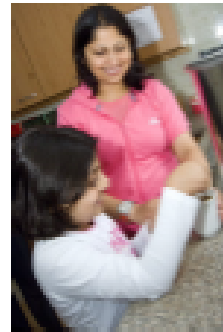
Are you a parent carer who is caring for a child or young person up to 18 who has a disability or additional needs?

Wednesdays for 5 weeks

10:30am—12.30pm

19, 26 June 3,10,17 July 2019

Venue: Creative Youth Network, The Kingswood Estate, 20 Old School House, Britannia Road, Bristol, BS15 8DB



This course will focus on you as Parent Carers, help you build a better understanding of what support there is for carers and is a chance to meet other Parent Carers. It aims to increase your confidence in making decisions, working with professionals and getting the practical support you need. It also teaches techniques to deal with stress and emphasises the importance of looking after you. Topics covered include juggling life and caring, stress management, good health for carers, rights and resources and effective communication.

To book a place or for more information  
please contact Debbie on: ☎ 0117 9589988 or

Email: [training@carerssupportcentre.org.uk](mailto:training@carerssupportcentre.org.uk)



Carers Support Centre  
Bristol & South Gloucestershire



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



Carers Support Centre, Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ CarersLine: 0117 965 2200

Registered as The Carers Centre (Bristol & South Gloucestershire). Company number: 3377199 Charity number: 1063226

# Better Together

## Pre Employment Course

Do you identify as disabled or have a long term health condition including learning difficulties, anxiety, depression or dyslexia? Are you thinking about starting employment or training but don't know what step to take first or are worried about change? If you are aged 19+ and are a Bristol resident, then Better Together is the perfect start for your journey.

Better Together is delivered in a safe and supported environment by a tutor with a lived experience of disability.

**Where:**  
Various locations throughout Bristol.

**When:**  
Courses will take place on a weekly basis for five weeks from 10am - 2pm.

If you would like us to deliver a course at your venue please get in touch to find out how.

For more information or to book a place please contact:

Ali Browning or LC Groux-Moreau on:

Telephone: 0117 9479911

Email: [employability@wecil.co.uk](mailto:employability@wecil.co.uk)



Education & Skills  
Funding Agency







supporting independent living

# Working Together

## Working Together: a FREE 10 week employability course

Do you identify as disabled or have a long term health condition including learning difficulties, anxiety, depression or dyslexia? Are you 18+?

If you would benefit from some help with the following then this course is for you:

- \* Writing and adapting a CV.
- \* Finding and writing job applications.
- \* Preparing for interviews.
- \* Finding out what other options are open to you.
- \* Developing a peer support system.


### Where?


The Station, Silver Street, Bristol, BS1 2AG

### When?

Every Tuesday, 10am - 2pm, April 30th - July 2nd, 2019.

For more information please contact us on:

 0117 9479911

 [employability@wecil.co.uk](mailto:employability@wecil.co.uk)

Get qualified

for free

Looking to start a new job, change careers or boost your CV? With Vision2Learn you can study online and achieve nationally-accredited qualifications for free.

### Free online learning that works for you

Every course is delivered online, which means you can study when and where suits you. You'll have a dedicated tutor and access to our Learner Support Team to ensure that you have the support you need every step of the way.

### Fully-funded courses

We offer a range of nationally accredited courses delivered in partnership with further education colleges. These are funded by the Skills Funding Agency so if you're eligible you can study for free.

Courses include:

- Business and Administration
- Lean Organisation Management Techniques
- Essential IT Skills
- Customer Service
- Nutrition and Health
- Working in the Health Sector
- Dementia Care
- Diabetes Care
- Dignity and Safeguarding
- End of Life Care
- Infection Control
- Equality and Diversity

Courses take an average of 12-16 weeks to complete (based on 10 hours of study per week) and you will receive a certificate from the awarding body.

### Can I study for free?

Our courses are funded by the Skills Funding Agency. The SFA will provide funding for your course if you are:

- Aged 19 or over
- Live in an English postcode area
- Have been resident in the UK or EU for 3 years or longer
- OR are able to provide proof of settled status in the UK

Find out more:

[www.vision2learn.net](http://www.vision2learn.net)

For FAQs please visit:  
[www.vision2learn.net/faqs](http://www.vision2learn.net/faqs)

# Free Courses

**For the communities of Avonmouth, Lawrence Weston,  
Sea Mills, Shirehampton, Henbury and Brentry**

**Spring and Summer 2019**



Funded by  
**Skills  
Funding  
Agency**



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## **Employability and Level 1 Preparing to Work in Adult Social Care**

Sector Based Academy course in partnership with Weston College, and with interviews with Mears Care, who have vacancies in the Lawrence Weston area. Shifts will include evening and weekends. Find out about other social care jobs available as well. Gain a level 1 qualification, FREE course to adults over 19 years who receive an eligible means tested benefit (or a partner); or who earn less than £15726.

**Venue:** Ambition Lawrence Weston, Long Cross, Lawrence Weston, BS11 0RX

**Dates and times:** Level 1 Preparing to Work in Adult Social Care, 9.30 to 3pm **for one week. This course may run in the summer or September, dates TBC.**

## **Introduction to Finding Work in Cleaning**

This short course will support your job search; it will explore different cleaning roles, it will cover COSHH in the workplace, ways to job search and how to prepare a good application.

**Venue:** Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG.

**Start date and time:** TBC

## **Introduction to Working as a Catering Assistant**

It will cover basic customer service, safeguarding (if working in a care or school setting), employability and interview preparation. Find out about a range of catering roles.

This course will run if there is enough interest in the summer/Autumn.

### **Paediatric First Aid**

**Venue:** Sea Mills Children's Centre, Riverleaze, Sea Mills, BS9 2HL

**Start date and time:** 12 hour course, starts Thursday 25th April 2019, 9.30 – 12pm, 6 sessions

FREE to people on an eligible means tested benefit, or earning less than £15726 a year, otherwise it will cost £39

This course will run again in the Autumn term in a different venue; as will **Emergency First Aid At Work**.

## **More Courses Starting Soon**



### **Computer Skills For Absolute Beginners**

Do you want to learn the basics on how to use a computer; including the language of computing and how to use a keyboard and mouse. Suitable for adults with ESOL needs as well. Learn skills to help you at home and at work.

**Venue:** Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN

**Start date:** Thursday 9th May, 12.45 - 3.15 pm, for 3 weeks,

### **Computer Skills For Work**

Do you want to improve your computer skills to help you find work? Gain skills to help support you with managing Universal Credit. Covers email, using the internet, Word. Learn skills to help you at home as well.

**Venue:** Henbury Library or Lawrence Weston, venue TBC.

**Start date:** Thursday 6th June, 1-3pm TBC, for 6 weeks, option of progression to an accredited course with Weston College or City of Bristol College

### **ESOL For Work, ESOL for Parents, ESOL For Life**

**ESOL For Everyday English** at Bently & Henbury Children's Centre, starts Thursday 2<sup>nd</sup> May, 12.45 to 2.45pm, for 10 sessions.

**ESOL for Life** – to run in either Lawrence Weston, Sea Mills or Avonmouth Children's Centres. Details TBC.

FREE to people on an eligible means tested benefit, or earning less than £15726 a year, otherwise fees may apply

### **Crafts for a Business or Craft Fair**

TBC - are you interested?

Oasis Community Shop, Ridingleaze, Lawrence Weston, BS11 0QB, starts Thursday 28th February, 9.30 - 11.30am, for 5 weeks, Contact Janine, 07766750123, [shop@oasisuk.org](mailto:shop@oasisuk.org)

### **Men in Sheds/Repair Café**

First Saturday of the month, next one is Saturday 4<sup>th</sup> May, 10.30 to 12pm. Blaise Weston Court, Broadlands Drive, Lawrence Weston, BS11 0AF. Contact Lynne at Blaise Weston Court on 0117 982 2072.



### **Are there any other courses you or your community need? e.g.**

Employability, Level 1 Health & Social Care, Family Learning, Level 1 Customer Service, Food Safety, Relaxation for Work/ Life, Maths, English, Computers, Healthy Cooking on a Budget, Starting a Business, Intro to Coding.

Our **FREE** courses are particularly for adults 19 years+ with few or no qualifications

**For more information please contact Suzanne on:**

Tel. 0117 9030072      Email: [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

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### **ESOL Conversation Clubs**

Join a free ESOL English conversation group run by volunteers and supported by Community Learning/venue.

A chance to improve your spoken English, in a friendly & informal group. Opportunities to progress to a course.

**Venue:** Horfield Job Centre, 1-15, Monks Park Avenue, BS7 0UD

**Date and time:** Friday 1 – 2.30pm. This runs in term time only.

**Venue:** Junction 3 library, come and practise your English in a friendly atmosphere.

**Date and time:** Monday, 1.15 to 2.15pm. This runs in term time only.

**Venue:** Stoke Lodge Centre, Shirehampton Road, BS9 1BN

**Date and times:** term time only, 5.45 -6.45pm

**For more information about the clubs across Bristol, contact**

**[esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk)**

**07768500673**

**Look on our website for courses: [www.communitylearningwest.net](http://www.communitylearningwest.net)**

**Follow us on Facebook: [Bristol Community Learning](#)**

## COMMUNITY LEARNING



# Paediatric First Aid

Thursdays , 25th April, 9.30-12noon, 6 weeks

Gain a Paediatric First Aid certificate with Indigo Bubble Training. Suitable for parents or anyone who works or volunteers with children. FREE childcare may be available.

This course is FREE to anyone who receives an eligible means tested benefit or earns less than £15726 a year, otherwise fees may apply. Cost £39.

**Tutor:** Nicky Gregory

**Course would suit:** Our courses are particularly for adults over 19 years with few or no qualifications.

**Venue:** Sea Mills Children's Centre, Riverleaze, Sea Mills, BS9 2HL. Contact Lisa at the centre on 0117 3533518.

Find more details online at [www.communitylearningwest.net](http://www.communitylearningwest.net) or enrol via Suzanne on 0117 9030072 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

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## COMMUNITY LEARNING



### Computer Skills for Absolute Beginners

Starts Thursday 9th May 12.45 to 3.15pm, 3 weeks times TBC

This course is for absolute beginners who need support with the basics including learning the vocabulary of computers, using a mouse etc. It will give you the confidence to have a go on your own.

Find out about longer computer courses and support available.

**Tutor:** Carmel Zapata

Course would suit anyone aged 19 plus and looking for work and/or wishing to join a basic computer course.

**Venue:** Avonmouth Community Centre, 257 Avonmouth Road, BS11 9EN

Find more details online at [www.communitylearningwest.net](http://www.communitylearningwest.net) or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) or phone on 0117 9030072

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## COMMUNITY LEARNING



# Intro to Finding Work in Cleaning

This FREE course will benefit anyone wanting to find work in cleaning. Identify different types of jobs and how to find them; be better prepared to apply for work, gain employability skills.

**Tutor:** Shirley Andrews

**Venue:** Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG. 01179503573.

**Course would suit:** Our courses are particularly for adults over 19 years with few or no qualifications.

**Times:** Monday 3rd and Thursday 6th June., 9.30 to 2.30pm.

You must attend both days. Dates to be confirmed.

Please bring NI number and evidence of identity to the first session.

To book a place please contact or ring Suzanne on 0117 9030072

[suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

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## COMMUNITY LEARNING



### DIY skills: Painting & Decorating

Course to start in June, Mondays, Thurs. or Sat. TBC



**Henbury & Brentry  
Community Centre**

In Partnership with Henbury and Brentry Community Council



Are you interested in gaining new skills and in redecorating a community centre? Learn and refresh your DIY skills with an experienced decorator/tutor.

Get in touch if you are interested, we want to know whether to run this FREE course in the day or at a weekend? Contact Suzanne on 0117 9030072 or Wendy at the centre on 01179503573.

**Tutor:** John Douglas

**Course would suit:** Our courses are particularly for adults over 19 years with few or no qualifications.

**Venue:** Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG.

[suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)



**BRISTOL  
LEARNING CITY**

EMPLOYMENT  
SKILLS &  
LEARNING





Skills People Group are looking to deliver the second personal development and construction course in Central Bristol, venue to be confirmed.

Prospective candidates will have to attend an enrolment session prior to starting the course which will involve filling in the government paperwork and sitting a numeracy and literacy assessment. On completion of the course the successful candidates will have a level 1 extended certificate in Personal Development and Employability, a level 1 certificate in Construction and a CSCS card.

**Dates:** Personal Development Employability: **20/21/22/23/24 May**  
Construction: **28/29/30/31 May 03/04 June**

**The eligibility criteria :**

- Aged 19+ on or before August 31<sup>st</sup>
- A resident in the EU for three years or more
- In receipt of benefits and/or Universal Credit
- Able to provide proof of identification
- Able to commit to the required training programme

**We will :**

- Provide free lunch , tea and coffee
- Pay for DBS check
- Issue Love to Shop vouchers on completion of course

**ID required:**

- Birth Certificate, Driving Licence (provisional accepted)
- Bank statement within 3 months
- Proof of benefit letter ( screen shots from journal accepted if there is no proof of benefit letter, must show name, D.O.B and amount of benefit paid)

We will work with the Government priority groups i.e. ex offenders, Lone Parents and Care leavers.

Please contact Will Roe if you need any further information,

**William Roe**

William.Roe@skillspeoplegroup.com

<b>Monday</b>	Early Birds 1:00pm-2:30pm	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	For babies that have been born prematurely or spent time in special care after birth.
	Stay and Play 9:15am-10:45am	Stoke Park Children's Centre (use Romney Avenue entrance) Brangwyn Grove, Lockleaze BS7 9BY	A stay and play session for families living in the local community.
<b>Tuesday</b>	Rockabye 10:00am-11:00am	For further information and to book a place please call 0117 377 2680	A safe space to explore any of the worries and struggles associated with being a new parent.
	Baby Club 10:30am-11:45am	Stoke Park Children's Centre (use Romney Avenue entrance) Brangwyn Grove, Lockleaze BS7 9BY	Parents/carers and babies 0-12 months old. Sensory play experiences and practical advice available.
<b>Wednesday</b>	Stay and Play 9:45am-11:15am	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	A stay and play session for families living in the local community.
	Stay and Play 1:00pm-2:30pm	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	A stay and play session for families living in the local community.
<b>Thursday</b>	Baby Club 10:30am-11:45am	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	Parents/carers and babies 0-12 months old. Sensory play experiences and practical advice available.
<b>Friday</b>	Stay & Play 9:30am-11:00am	Upper Horfield Children's Centre, Sheridan Road, BS7 0PU	A stay and play session for families living in the local community.



For further information contact North Bristol Children's Centre—0117 3772685

**Carers support centre** provides the following employment support services for carers looking for work, or currently juggling work whilst caring.

**Help getting into employment:**

- ❑ Information, advice and guidance to help you look for work
- ❑ 1:1 bespoke support sessions to reach employment goals
- ❑ Monthly job club, CV creation & job application support
- ❑ Mock interviews and work preparation support
- ❑ Access to local training courses, volunteering and workshops to improve skills
- ❑ Support sourcing flexible work placements with local businesses

**Support juggling work whilst caring:**

- ❑ Information, advice and guidance to help you remain in employment
- ❑ Support negotiating flexible working arrangements with your employer
- ❑ Advice on carers rights within the workplace
- ❑ Advocacy within the workplace
- ❑ Support completing the carers passport
- ❑ Help finding alternative job opportunities better suited to your caring situation

**Business support:**

- ❑ Review of existing policies and procedures to ensure they are carer friendly
- ❑ Training for staff on supporting carers in the workplace
- ❑ Help set up staff carer networks and support groups
- ❑ On-site Information roadshows

To make a referral please contact [employment@carerssupportcentre.org.uk](mailto:employment@carerssupportcentre.org.uk) or call 01173 771015



## **Bristol Parent Carers Support Groups**

**We invite parents and carers who have children/young people (0-25) with special needs, disabilities, or life-limiting conditions to:-**

- Meet others and share experiences
- Get advice and information
- Get free refreshments and a friendly atmosphere
- Relax with a 15 minute therapy session (NB. No therapy sessions at South Group at the moment but due to be confirmed shortly)

### **Central Support Group**

**meet on a Wednesday from 10.30am - 12.30pm**

**2019: 16th Jan, 6th Feb, 6th Mar, 3rd Apr, 1st May, 5th June, 3rd July,  
11th Sept, 2nd Oct, 6th Nov, 4th Dec**

**At: Phoenix Social Enterprise, 5 Russell Town Avenue, Redfield, Bristol, BS5 9LT**

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rose@bristolparentcarers.org.uk](mailto:rose@bristolparentcarers.org.uk)  
Free car park, Buses: 36, 36A, 6, 7, 42-45, Lawrence Hill railway station  
For additional support call Carersline on: 0117 965 2200

### **North Bristol Support Group**

**meet on a Wednesday from 10.30am - 12.30pm**

**2019: 23rd Jan, 27th Feb, 20th Mar, 24th Apr, 15th May, 19th June, 17th Jul,  
18th Sept, 16th Oct, 20th Nov, 18th Dec**

**At: Henbury and Bentry Community Centre, Machin Road, Henbury, Bristol, BS10 7HG**

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rose@bristolparentcarers.org.uk](mailto:rose@bristolparentcarers.org.uk)  
Free car park, Buses: 1, 2, 4, 76  
For additional support call Carersline on: 0117 965 2200



### **South Bristol Support Group**

**meet on a Thursday from 10.30am - 12.30pm**

**2019: 31st Jan, 28th Feb, 28th March, 25th April, 23rd May, 27th June, 18th July,  
26th Sept, 24th Oct, 28th Nov, 12th Dec**

**At: The Inns Court Centre, 1 Marshall Walk, Inns Court, Knowle, Bristol, BS4 1TR**

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rose@bristolparentcarers.org.uk](mailto:rose@bristolparentcarers.org.uk)  
Free car park, Buses: 36, 90  
For additional support call Carersline on: 0117 965 2200

## For professionals working with children

### Parenting Models Training

*How can you support parents to improve family relationships?*

**Thursday 11<sup>th</sup> July at: Bristol Education Centre, Sheridan Rd, Horfield, BS7 0PU**

#### **Aim:**

- To give front-line practitioners an overview of the core principles underpinning evidence based parenting programmes
- To help practitioners understand how parenting programmes can impact parents' improved wellbeing and behaviour and how they can support these changes

It is recommended that workers referring or supporting parents to attend a parenting course should be able to complement this in their own role by:

- Recognising and building on positive changes,
- Reinforcing key messages
- Modelling positive relationship skills to support parents to improve family life

#### **Objectives:**

1. Participants will sample key elements from parenting programmes, exploring how the materials may impact on them personally and the opportunity to reflect on the parents' viewpoint.
2. Consider how participants can prepare clients to attend a programme, and re-enforce key messages with them during and afterwards.
3. To use a wellbeing focus for parents (as well as children); what it means, why it matters and how it can be encouraged and shift the emphasis from a 'deficit' to a 'strengths based' model of parenting
4. Understand and become familiar with the core principles and parenting skills and strategies common to all parenting programmes
5. Considering how we work *with* parents and why this is important.
6. Opportunity to practice parenting coaching using evidence based parenting skills

Facilitated by: **Families in Focus Parenting Practitioners**

The workshop will be useful for frontline professionals working with families such as: Social Workers, Child and Family Support Workers, CAMHS practitioners, Families in Focus Key Workers, Voluntary Sector Family Key Workers, Children's Centre Family Support Staff etc.

Please book through: [www.eventbrite.co.uk/e/parenting-models-training-tickets-59588066511](http://www.eventbrite.co.uk/e/parenting-models-training-tickets-59588066511)



# Leading Edge

## Sharing Good Practice

1<sup>st</sup> July 2019 ————— 2pm - 5pm

CLF Institute, Cabot Learning Federation  
Russell Town Avenue, BS5 9JH

An opportunity to share good practice in relation to behaviour and inclusion to develop a Bristol approach to behaviour regulation

**FREE OF CHARGE – UP TO TWO PLACES PER SCHOOL OR SETTING**


Bristol Education and Skills Directorate is seeking to work with schools and settings and other key partners such as health and social care to develop inclusive practice with reference to supporting children and young people, particularly those who have had **Adverse Childhood Experiences**.

We wish to facilitate the sharing of good practice in relation to behaviour and inclusion with the view to developing a Bristol approach to behaviour regulation. We know schools are already working hard to support children and young people in innovative and flexible ways, for example, restorative justice, rights, respecting schools, trauma and attachment awareness, mental health support, mentoring and so on.

**BOOK VIA:**

 [tradingwithschools.org](https://tradingwithschools.org)

 [tradingwithschools@bristol.gov.uk](mailto:tradingwithschools@bristol.gov.uk)

 0117 922 2444

TRADING  
WITH  
SCHOOLS

BRISTOL  
LEARNING CITY

THE HOPE  
Bristol's Virtual School  
Helping Our Pupils Thrive







SCHOOL CIRCLE

## Generate extra income for your school.

School Circle is a Bristol based company offering a **completely free of charge** educational lettings service. Our aim is to help schools achieve increased revenue streams by making school facilities available outside of teaching hours.

From start to finish, we will take care of everything. Our dedicated team will handle all of the admin associated with hiring your facilities, including marketing, bookings, invoicing and customer enquiries. Our fully trained ground staff will be onsite to open and close the building and ensure the facilities are left ready for the next days teaching.



### We do all the work

It will be our responsibility to promote the use of your facilities, find suitable clients, vet them and ensure they meet our lettings policy requirements.



### Increased Revenue

A promise to increase income generated from lettings. All payment processing will be handled by us and a full audit trail will be provided for all bookings on a regular basis.



### Dependable Service

Each school will have a single point of contact who will be available 24/7. We want the schools to focus on the core purpose of education and we take care of the lettings.

## No cost to schools, That's the secret

Contact us to find out how we can help your school

[www.schoolcircle.org](http://www.schoolcircle.org)

Phone : 0117 9828553

Email : [info@schoolcircle.org](mailto:info@schoolcircle.org)



## Body Image and Eating Issues

For staff working with Children and Young People



**Friday 12th of July 2019**

**9.15-12.15**

**At Conference Room A & B, Callington Road Hospital, BS4 5BJ**

A FREE three hour *introductory* training, delivered by CAMHS, for anyone working on the frontline with school age children and young people (e.g. school & college staff, social care professionals, youth workers), and wanting to gain an overview of promoting positive body image, spotting signs of an eating disorder and how to seek help.

**Training with:-**

Nicola Bowden Jones, Primary Mental Health Specialist (CYPs/ CAMHS North).

Kate Perry, Primary Mental Health Specialist, CAMHS South Bristol.

Mandy Robinson from the CAMHS Eating Disorders Team

### **Content:**

- Promoting positive body image
- Signs and symptoms to look for in children and young people
- Early intervention and tools that can help.
- When to be concerned and how to seek appropriate help

Please contact [claire.west7@nhs.net](mailto:claire.west7@nhs.net) to reserve a place *by 3<sup>rd</sup> July*.

## **\*Mandy Parry Training – Upcoming Open Courses\***

**Locations:** Various, Bristol-based

**Times:** Registration & tea/coffee available at 9.15am for a 9.30am start.  
(variety of half-day and full-day courses running)

**For more information:**

07811 101740

[mandyparrytraining@gmail.com](mailto:mandyparrytraining@gmail.com)

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



**Eventbrite listings outlining full descriptions of courses can be found here:**

<https://www.eventbrite.co.uk/mandy-parry-training-11040585873>

## **Remaining dates for 2018/19 academic year:**

<b>Prevent: Supporting Establishments to Comply with Radicalisation &amp; Extremism Responsibilities</b>	14 May 2019	Contact: <a href="mailto:shelley.brown@delegatedservices.org">shelley.brown@delegatedservices.org</a>
<b>How to Support Children Affected by Attachment and Trauma: an Introduction</b>	28 June 2019	See Eventbrite link (above)
<b>Developing Effective Supervision for Safeguarding Staff</b>	4 July 2019	Contact: <a href="mailto:shelley.brown@delegatedservices.org">shelley.brown@delegatedservices.org</a>

Mandy Parry is an experienced, talented trainer, facilitator and consultant for the Health, Education, Early Years, Social Care, Community and Business sectors - why not call directly on **07811 101740** to discuss your training needs.

Whether you'd like a short Child Protection Awareness course, a longer Child Protection and Safeguarding Single Agency Training course or a bespoke course put together just for your setting, we can assist you in developing the course for the needs of your staff team and deliver at a time and location and to a number that suits you. We can also supply consultants designing and delivering training, developing policies and undertaking project work to fit your needs.

*'I loved having the time and space to talk through everything. I learned so much! It was*

*awesome to have had the chance to play out real world scenarios – and the most important thing I will take away is to trust my instincts. I would recommend this training, yes! Mandy did a great job of lifting the policies and procedures off the page and into the real world.'*  
CEO, local music organisation

## Film Screenings for Adverse Childhood Experiences: “Resilience: The Biology of Stress and the Science of Hope”

As part of our citywide work to raise awareness of Adverse Childhood Experiences and their impact we are encouraging partners across Bristol to watch the film “Resilience: The Biology of Stress and the Science of Hope”, KPJR Films LLC. This is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a movement to treat and prevent Toxic Stress. If you would like to show the film in your setting, please use this link to register your interest: <https://www.surveymonkey.co.uk/r/9S3PBSK>



# Raising dementia awareness in Bristol schools



My name is Sally Townsend and I am the Education Community Development Coordinator for Alzheimer's Society. Dementia can have a significant impact upon a family and community, as well as the person who has dementia. By teaching young people about the condition, we can empower them to understand dementia, reduce stigma and equip individuals with small, easy ways to make a positive difference. Our aim is to raise dementia awareness amongst our young people in Bristol, so that we can become more dementia friendly as a city and beyond. You can play a part in helping us to achieve this.

## *Did you know....?*

There are 850,000 people living with dementia in the UK. This figure is predicted to reach 2 million by 2051.

Nearly a third of our young people know someone with dementia.

## *How is this relevant to your school?*

Educating pupils (and the wider school community) about dementia can increase understanding and change attitudes, resulting in reduced isolation for people with dementia.

Through learning, pupils will be encouraged to become active and responsible citizens. There are clear links to the PSHE curriculum (National Curriculum) and SMSC development (Ofsted).

Educating pupils about dementia means that pupils are more able to protect their own future health and wellbeing.

Through education, we are helping to create a dementia friendly workforce of the future, where young people will be able to transform their own and others' lives, both personally and professionally.

## *What we can offer your school:*

- An educational assembly for pupils
- An Introductory Dementia Friends session for pupils and adults (e.g. staff, governors, parents), in order to raise awareness and support social change
- A range of follow up opportunities can be personalised to your school community thereafter

## *What next?*



If you would like more information, please contact me;

E: [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk)

M: 07590 884435

I am happy to visit you in school to create a bespoke programme for your pupils, families and staff. I look forward to hearing from you.



The Dementia Wellbeing Service is a partnership between Alzheimer's Society and the NHS, delivering dementia support services to people affected by dementia in Bristol.



## For everyone



The Community Food Centre is pleased to provide a bag of vegetables for people on a low income because we believe everyone should be able to have nutritious, fresh vegetables.



*'I love coming here. I feel the stress just drop off'*

*'I didn't know what to do with veg before. Now I cook all the time'*

*'Coming to the group helps me feel less isolated and contributes a lot to my mental well-being'*

### A Typical Thursday

10am Meet for tea  
10.30 Food growing  
11.30 Cook & eat lunch  
2pm Food growing  
3.30/4pm Done!



All welcome

Friendly environment

No previous experience necessary!

Food Bristol, 181 Frenchay Park Road,  
Bristol, BS16 1HB





*Sims Hill Farm*

# COMMUNITY FOOD CENTRE

A free day of community  
growing, cooking, eating  
and de-stressing!

**EVERY THURSDAY  
MEETING AT FEED BRISTOL,  
FRENCHAY, 10AM - 4PM**

For more information go to [simshill.co.uk](http://simshill.co.uk)  
Or contact Siân on 07711 046 864 or  
[simshillfoodcentre@gmail.com](mailto:simshillfoodcentre@gmail.com)



deafinitely

DEAFINITELY THEATRE AND BIRMINGHAM STAGE COMPANY PRESENT



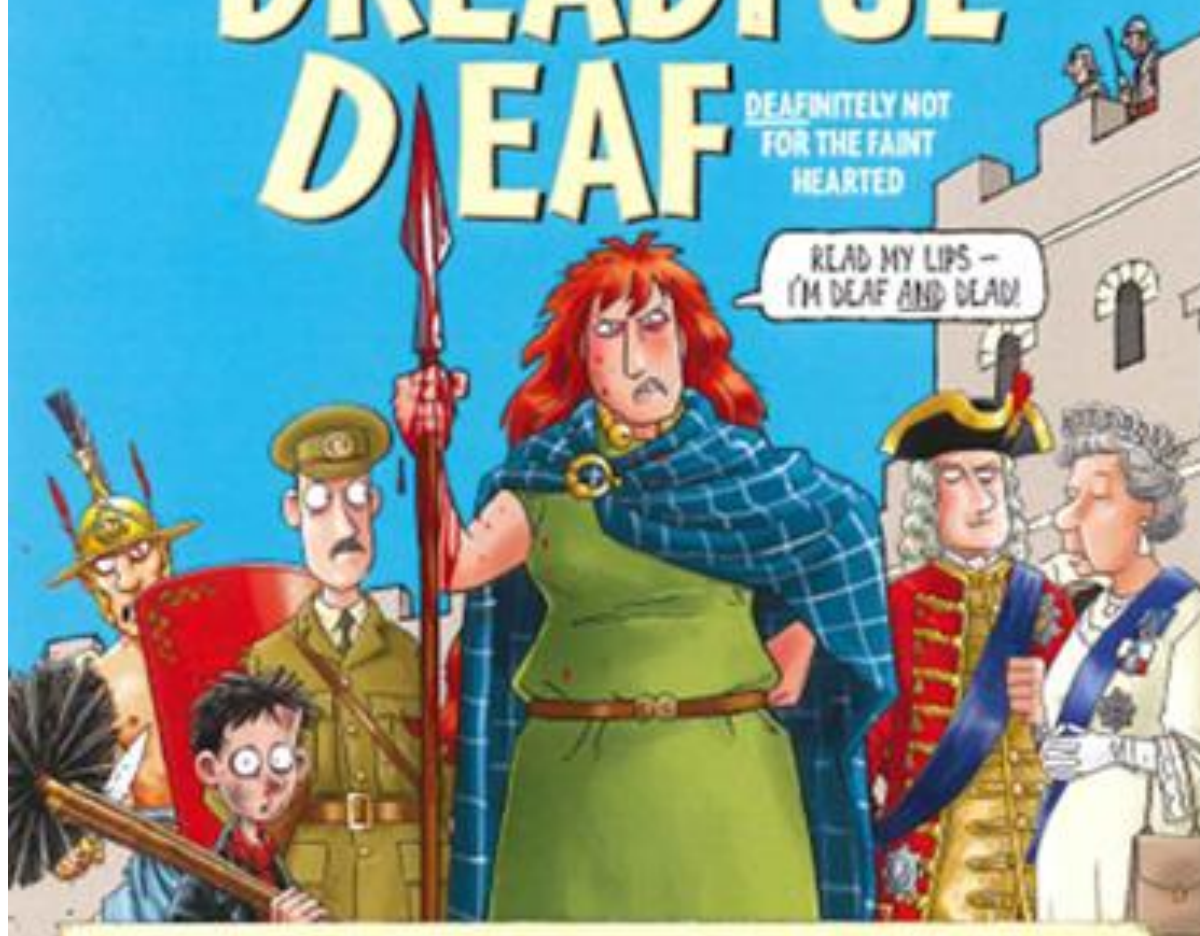
# HORRIBLE HISTORIES

## LIVE ON STAGE!

# DREADFUL DEAF

DEAFINITELY NOT  
FOR THE FAINT  
HEARTED

READ MY LIPS –  
I'M DEAF AND DEAD!



BRISTOL  
OLD VIC  
29 May – 1 June

YORK THEATRE  
ROYAL  
7 – 8 June

STRATFORD CIRCUS  
ARTS CENTRE  
16 June

THE NORTH  
WALL  
18 June

DERBY  
THEATRE  
21 – 23 June

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## Be a Part of The Conversation 2019

Dear friends,

Cables & Cameras is hosting a ground breaking event this summer and you're invited. The Conversation is a new and refreshing all day event taking place on Saturday 8th June at the Cube Cinema, Dove Street South, Kingsdown, Bristol BS2 8JD.

Why do we need a conversation ?

There is a real need to look at different models for engaging, targeting and coaching BAMEs in how to get into the film and TV industry; at varying levels and across various roles.

This gathering will provide the much needed opportunity for attendees to network with like-minded filmmakers and creatives. The event targets students through to career professionals, anyone who is committed to taking part in the conversation on B.A.M.E participation and representation in the film industry. The desire is for the event to be the first of many in Bristol's cultural calendar.

The all day format will be filled with informative talks, interactive workshops and culminates in film showings during the evening. The opening keynote speaker will be Jordan Jarret-Bryan (Channel 4 reporter, presenter and international level athlete). We will also have the pleasure of hearing perspectives from award winning directors, industry bodies and emerging young film making talent.

Ticket Info:

£15 for the all day event

£5 for those that are just attending the evening session

Free for under 16s all day

Tickets are available at

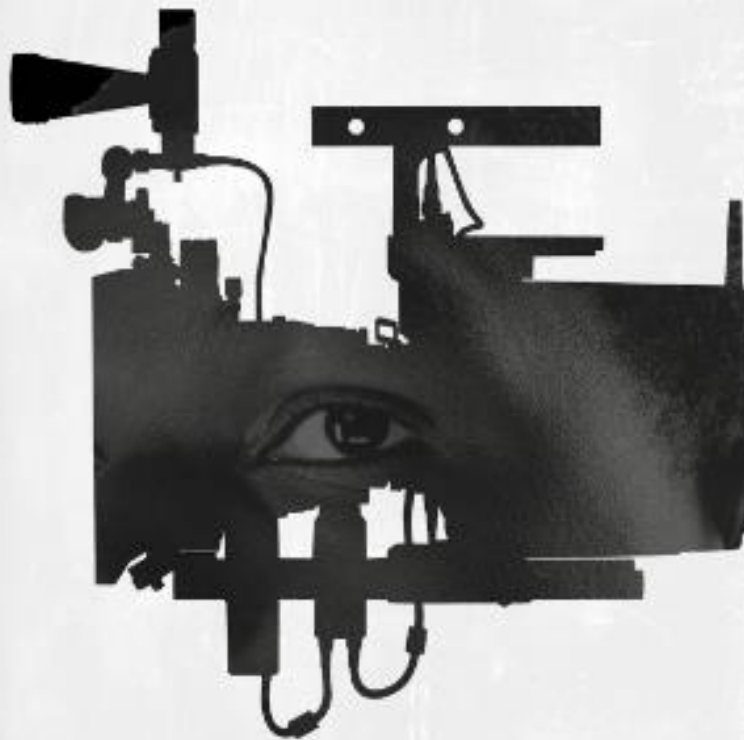
[https://www.headfirstbristol.co.uk/#date=2019-06-08&event\\_id=53101](https://www.headfirstbristol.co.uk/#date=2019-06-08&event_id=53101)

If you are part of an organisation that would like to put forward real support to this much needed conversation, you may be interested in the opportunity to cover the cost of a small number of tickets, to allow participation from groups that may not have the financial ability to attend. If you are interested in playing your part in The Conversation and providing support through sponsorship, please do let us know.



CABLES  
UNEPAS

# THE CONVERSATION



THE CUBE CINEMA : DOVE ST, AVON, BRISTOL , BS2 8JD

AN ALL-DAY EVENT THAT WILL INCLUDE MENTORING, WORKSHOPS, KEYNOTE SPEAKERS AND WILL CONCLUDE WITH THE SCREENING OF SHORT FILMS. THIS GATHERING WILL PROVIDE THE MUCH-NEEDED OPPORTUNITY FOR ATTENDEES TO NETWORK WITH LIKE-MINDED FILMMAKERS AND CREATIVES. THE EVENT TARGETS STUDENTS THROUGH TO CAREER PROFESSIONALS, ANYONE WHO IS COMMITTED TO TAKING PART IN THE CONVERSATION ON B.A.M.E PARTICIPATION AND REPRESENTATION IN THE FILM INDUSTRY.

SAT, 8TH JUNE 2019 / TIME: 11.00 / 17:45 TIME : 19:30 / 22.00 / TICKET PRICE ENTRY FEE £15.00

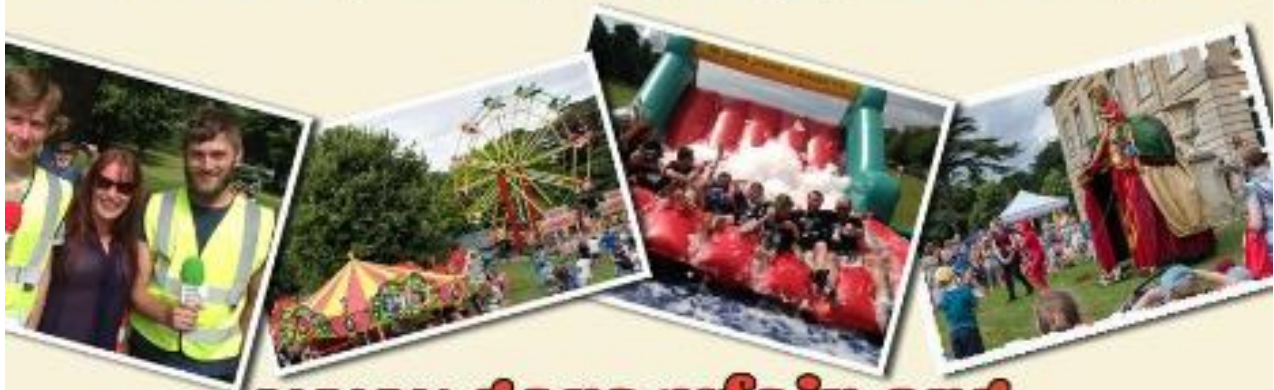
# GORAM Fair

BLAISE CASTLE HOUSE MUSEUM  
BRISTOL • BS10 7QS

**Saturday 8th June 2019**  
**Community stalls &  
displays wanted!**

**Want to promote your  
organisation / group to up to 10,000  
local residents at this years fair?  
email [stalls@goramevents.co.uk](mailto:stalls@goramevents.co.uk)**

**Stalls for charity, community & non profit groups are free of charge**



**[www.goramfair.org](http://www.goramfair.org)**

## LOCKLEAZE COMMUNITY NEWS

### **New Community Advice Service for North Bristol**

New advice services are now available in north Bristol, thanks to additional funding secured by North Bristol Advice Centre.

The Community Advice Service will provide a range of support to help people maximise their income and improve their financial wellbeing. It includes:

**Home visits for over 50s** - for older people to help them stay independent in their homes. This could be due to a change in their circumstances, such as ill health or bereavement. We can do a benefits checks to make sure they are claiming all their entitlements; help with form filling (such as benefits forms, blue badge, charity applications); look at ways to reduce household costs; and signpost to local services and support.

Ø Covering Lockleaze, Horfield, Southmead, Henbury, Brentry, Henleaze, Shirehampton and Lawrence Weston.

**Southmead Advice Appointments** – weekly appointments to help with benefits queries. This includes explaining paperwork, doing benefits checks, filling out appeal requests or mandatory reconsiderations. Those needing additional, specialist support will be referred into other NBAC services. Booking essential.

Ø Wednesday mornings, The Greenway Community Practice, Southmead.

**Get Online** – this popular drop-in to help people to get online and develop their digital skills will now run two mornings per week. Volunteers can help with filling in online forms, claiming Universal Credit, searching for information and jobs and more.

Ø Tuesdays and Thursdays, 10.30 – 12.30, The Langley Centre, Lockleaze.

The new services are funded by the Henry Smith Charity over three years. Additional funding from The National Community Lottery is supporting the Get Online drop-in this year.

**Appointments can be booked by calling NBAC on 0117 951 5751.**

Lines can be busy, especially on Mondays, so if you can't get through please leave a message with your name and number and we will call you back. Alternatively, you can fill in an enquiry form on our website and we will get back to you.

**To view all our appointment times and locations, or fill in an enquiry form, please visit our website [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)**





## COMMUNITY GARDENING GROUP

### Blaise Weston Court, Lawrence Weston

The Community Gardening Group meets weekly and is open to all who want to:

- Learn/share knowledge and skills with others
- Socialise with other members of the community
- Keep fit and active
- Take part in seasonal gardening activities
- Grow fruit, vegetables and flowers

All ages and abilities welcome, no experience necessary. Support and accessible tools are provided if needed. We'll work indoors in poor weather.

**When:** Wednesdays 1.30pm-3.30pm

**Where:** Blaise Weston Court, Broadlands Drive, Lawrence Weston, Bristol, BS11 0A.

Meet in the foyer of Blaise Weston Court.

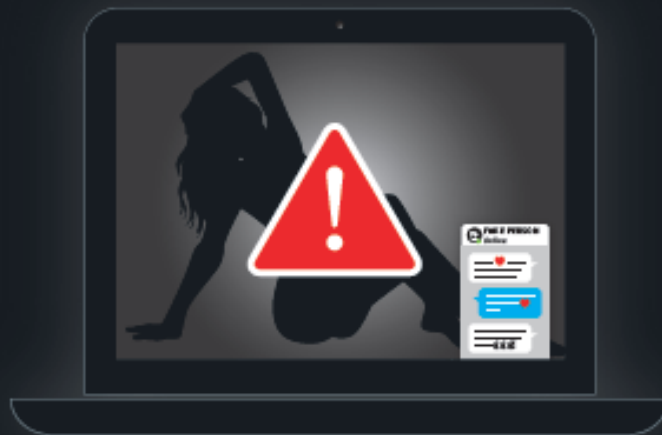
**How:** Drop in or contact Abi to find out more **07410379704** or email **abi@aliveactivities.org**

Alive is the UK's leading charity enriching the lives of older people in care and training their carers- find out more at [www.aliveactivities.org](http://www.aliveactivities.org).

Registered Charity No. 1132708



# SEXTORTION



**DON'T PANIC. DON'T COMMUNICATE. DON'T PAY.**

## What is sextortion?

Sextortion is webcam blackmail.

Criminals can befriend a victim online by using a fake identity and often use a video of an attractive woman to entice the victim to perform sexual acts in front of their webcam. They then record this and threaten to share the video with the victim's friends and family, unless the victim pays them money.

## How to avoid becoming a victim

Be cautious about who you befriend online, even if you have mutual friends.

Avoid getting naked on webcam. There's always a chance this could be recorded and shared.

## What to do if you're a victim of sextortion

### Don't panic

Contact your local police immediately. No one will judge you, it will be dealt with in confidence, and it will be taken seriously.

### Don't communicate further with criminals

Take screenshots, then delete and block offenders. Consider changing your name online so they can no longer locate your profile.

### Don't pay

Many victims who have paid, have continued to get more demands for higher amounts of money.

© 2019/2020

**Avon and Somerset Police**  
**SERVE.PROTECT.RESPECT.**

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk) | Follow us on   



**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

UNIQUE  
VOICE

## You are cordially invited to attend the finale of our innovative project 'What Would You Do?'

We hope you can join us at UWE Exhibition and Conference Centre, Frenchay, Bristol, 6.30-8pm (Doors open from 6pm)

The evening will include a mix of performance and film to display and celebrate the children's learning throughout the project.

**[Click here for tickets and more information about the event.](#)**

**Search Eventbrite for: What would you do?**



# Advice Appointments



North Bristol Advice Centre offers **advice appointments** across North Bristol and South Gloucestershire every week. We can provide advice by telephone too.

## Debt Advice

### Tuesday

**Southmead** - Greenway Community Practice, BS10 6AF

**Lawrence Weston** - Lawrence Weston Youth Centre, BS11 0RX

### Thursday

**Lockleaze** - NBAC office, 2 Gainsborough Square, BS7 9XA

## Welfare Benefits & General Queries

### Monday

**Lockleaze** - NBAC office, 2 Gainsborough Square, BS7 9XA

**Patchway** - One Stop Shop, Rodway Road, BS34 5PE

**Lawrence Weston Appeals** - LW Youth Centre, BS11 0RX

### Tuesday

**Shirehampton** - Health Centre, Pembroke Road, BS11 9SB

### Wednesday

**Kingswood** - One Stop Shop, High Street, BS15 9TR

**Southmead** - Greenway Community Practice, BS10 6AF

### Thursday

**Lockleaze** - NBAC office, 2 Gainsborough Square, BS7 9XA

**Call 0117 951 5751 to book**

(office hours Mon-Thurs, 9am-5pm)

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



## Curriculum / Events Calendar 2019

Dear colleagues

As in previous years we compiled a list of curriculum events which hopefully inspires some of your programme planning and delivery within the current projects.

Curriculum activities and events are positive opportunities to engage children and young people in planning, delivery and evaluation of projects, big or small, and to secure intermediate outcomes for participants and in the wider context to contribute to meeting the final outcomes. |

The following is a list of suggested curriculum calendar events and activities throughout 2019. Please note this list is not exhaustive.

Month	Start	Finish	Event	Link
January	Mon 14 <sup>th</sup> January	Mon 14 <sup>th</sup> January	STI Day	<a href="http://www.stiq.co.uk">http://www.stiq.co.uk</a>
	Sun 20 <sup>th</sup> January	Sun 20 <sup>th</sup> January	World Religion Day	<a href="http://www.national-awareness-days.com/january/world-religion-day/">http://www.national-awareness-days.com/january/world-religion-day/</a>
	Fri 25 <sup>th</sup> January	Fri 25 <sup>th</sup> January	Young Carers Awareness Day	<a href="https://carers.org/young-carers-awareness-day">https://carers.org/young-carers-awareness-day</a>
February	Tues 5 <sup>th</sup> February	Tues 5 <sup>th</sup> February	Internet Safety Day	<a href="https://www.saferinternet.org.uk/safer-internet-day/2019">https://www.saferinternet.org.uk/safer-internet-day/2019</a>
	Fri 8 <sup>th</sup> Feb	Fri 8 <sup>th</sup> Feb	Youth Election results Day	<a href="http://www.bristol.gov.uk/youthelections">www.bristol.gov.uk/youthelections</a>
	Thurs 14 <sup>th</sup> February	Thurs 14 <sup>th</sup> February	Valentine's Day	<a href="https://www.4ypbristol.co.uk/">https://www.4ypbristol.co.uk/</a>
	Fri 1 <sup>st</sup> February	Thurs 28 <sup>th</sup> February	LGBT History Month	<a href="http://lgbthistorymonth.org.uk/lgbt-history-month-2019-has-launched/">http://lgbthistorymonth.org.uk/lgbt-history-month-2019-has-launched/</a>
March	Fri 8 <sup>th</sup> March	Fri 8 <sup>th</sup> March	International Women's Day	<a href="https://www.internationalwomensday.com/">https://www.internationalwomensday.com/</a>
	Wed 13 <sup>th</sup> March	Wed 13 <sup>th</sup> March	National No Smoking Day	<a href="https://www.nhs.uk/Livewell/smoking/Pages/stop-smokingnewhome.aspx">https://www.nhs.uk/Livewell/smoking/Pages/stop-smokingnewhome.aspx</a>
	Fri 8 <sup>th</sup> March	Sun 17 <sup>th</sup> March	British Science Week	<a href="https://www.britishtscienceweek.org/">https://www.britishtscienceweek.org/</a>
	Sat 16 <sup>th</sup> March	Sat 16 <sup>th</sup> March	Disabled Access Day	<a href="https://www.disabledaccessday.com/">https://www.disabledaccessday.com/</a>
	Mon 18 <sup>th</sup> March	Mon 18 <sup>th</sup> March	CSE Awareness Day	<a href="https://www.awarenessdays.com">https://www.awarenessdays.com</a>
April	Mon 1 <sup>st</sup> April	Sun 7 <sup>th</sup> April	World Autism Awareness Week	<a href="https://en.wikipedia.org/wiki/World_Autism_Awareness_Day">https://en.wikipedia.org/wiki/World_Autism_Awareness_Day</a>
	Sun 7 <sup>th</sup> April	Sun 7 <sup>th</sup> April	World Health Day	<a href="https://www.awarenessdays.com/awareness-days-calendar/world-health-day-2019/">https://www.awarenessdays.com/awareness-days-calendar/world-health-day-2019/</a>
	Friday April 5 <sup>th</sup>	Friday April 5 <sup>th</sup>	Young Hero Awards Event	<a href="http://www.communityofpurpose.com/heroes/">http://www.communityofpurpose.com/heroes/</a>
May	TBC		Islam Awareness Week	<a href="http://iaw.org.uk/">http://iaw.org.uk/</a>
	Fri 17 <sup>th</sup> May	Fri 17 <sup>th</sup> May	International Day against Homophobia	<a href="http://dayagainsthomophobia.org/">http://dayagainsthomophobia.org/</a>

	Mon 13 <sup>th</sup> May Or 7-13 <sup>th</sup>	Sun 19 <sup>th</sup> May	Mental Health Awareness Week	<a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>
June	Mon 10 <sup>th</sup> June	Sun 16 <sup>th</sup> June	Carers' Week	<a href="https://www.carersuk.org/news-and-campaigns/campaigns/carers-week">https://www.carersuk.org/news-and-campaigns/campaigns/carers-week</a>
	Mon 17 <sup>th</sup> June	Sun 23 <sup>rd</sup> June	Refugee Week	<a href="http://refugeeweek.org.uk/refugee-week-2019-">http://refugeeweek.org.uk/refugee-week-2019-</a>
July	Mon 1 <sup>st</sup> – July	14 <sup>th</sup> July	Bristol Pride Week	<a href="http://bristolpride.co.uk/">http://bristolpride.co.uk/</a>
	Sat 13 <sup>th</sup>	Sat 13 <sup>th</sup>	Bristol Pride Day	<a href="http://bristolpride.co.uk/">http://bristolpride.co.uk/</a>
	Sun 14 <sup>th</sup> July	Sun 14 <sup>th</sup> July	Disability Awareness Day	<a href="https://www.disabilityawarenessday.org.uk/show">https://www.disabilityawarenessday.org.uk/show</a>
	Fri 19 <sup>th</sup> July	Sun 21 <sup>st</sup> July	Bristol Harbour Festival	<a href="http://bristolharbourfestival.co.uk/">http://bristolharbourfestival.co.uk/</a> <a href="http://www.efestivals.co.uk/festivals/bristolharbour/2019">http://www.efestivals.co.uk/festivals/bristolharbour/2019</a>
August	Wed 7 <sup>th</sup> August	Wed 7 <sup>th</sup> August	Play Day	<a href="http://www.playday.org.uk/">http://www.playday.org.uk/</a>
	Thurs 15 <sup>th</sup> August		A level results day	
	Thurs 22 <sup>nd</sup> Aug		GCSE RESULTS DAY	
September	Mon 23 <sup>rd</sup> Sep	Sun 29 <sup>th</sup> Sep	Sexual Health Week	<a href="https://www.fpa.org.uk/campaigns/sexual-health-week">https://www.fpa.org.uk/campaigns/sexual-health-week</a>
	Mon 23 <sup>rd</sup> Sep	Mon 30 <sup>th</sup> sept	Bisexual awareness week	<a href="https://www.timeanddate.com/holidays/world/celebrate-bisexuality-day">https://www.timeanddate.com/holidays/world/celebrate-bisexuality-day</a>
October	Tue 1 <sup>st</sup> Oct	Thurs 31 <sup>st</sup> Oct	Black History Month	<a href="http://www.blackhistorymonth.org.uk/">http://www.blackhistorymonth.org.uk/</a>
	Mon 29 <sup>th</sup> Oct	Mon 2 <sup>nd</sup> Nov	Spooky week	<a href="https://www.avonandsomerset.police.uk/newsroom/features/stay-safe-this-halloween/">https://www.avonandsomerset.police.uk/newsroom/features/stay-safe-this-halloween/</a>
	Wed 31 <sup>st</sup> Oct	Wed 31 <sup>st</sup> Oct	Halloween	<a href="https://www.google.co.uk/#q=halloween+resources+2019">https://www.google.co.uk/#q=halloween+resources+2019</a>
	TBC	TBC	Freedom of Mind festival	<a href="https://freedomofmind.org.uk/">https://freedomofmind.org.uk/</a>
November	Tue 5 <sup>th</sup> Nov	Tue 5 <sup>th</sup> Nov	Bonfire Night	<a href="http://bonfire-night-safety.co.uk/">http://bonfire-night-safety.co.uk/</a>
	Mon 4 <sup>th</sup> Nov	Sun 10 <sup>th</sup> Nov	Youth Work Week	<a href="http://www.nya.org.uk/supporting-youth-work/youth-work-week/">http://www.nya.org.uk/supporting-youth-work/youth-work-week/</a>
	Wed 20 <sup>th</sup> Nov	Wed 20 <sup>th</sup> Nov	Transgender Day Of Remembrance	<a href="https://www.glaad.org/tdor">https://www.glaad.org/tdor</a>
December	Sun 1 <sup>st</sup> Dec	Sun 1 <sup>st</sup> Dec	World Aids Day	<a href="https://www.worldaidsday.org/">https://www.worldaidsday.org/</a>
	Tue 3 <sup>rd</sup> Dec	Tue 3 <sup>rd</sup> Dec	International Day of Disabled Persons	<a href="https://www.timeanddate.com/holidays/un/international-day-persons-disabilities">https://www.timeanddate.com/holidays/un/international-day-persons-disabilities</a>

**Bristol Libraries updates-**



**Bristol Libraries**  
[www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

# **SCI FI & FANTASY READING GROUP**

**FIRST FRIDAY OF THE MONTH, 1PM-2PM**

**SOUTHMEAD LIBRARY**



# Baby Bounce and Rhyme



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

Library	Day (Term time only)	Time
Bedminster 9038529	Wednesday  Friday	10.30am & 11.15am  10.30am
Bishopston 3576220	Wednesday	11.30am
Bishopsworth 9038566	Wednesday	2.00pm
Central 9037215 All year round!	Monday Tuesday Friday Saturday	2.00pm 10.00am 2.00pm 11.30am
Clifton 9038572	Monday Friday	10.30am 10.30am
Filwood 9038581	Wednesday	11.30am
Fishponds 9038560	Tuesday	2.15pm
Hartcliffe 9038568	Friday	2.00pm
Henbury 9038522	Monday	11.15am
Henleaze 9038541	Thursday	2.00pm
Hillfields 9038576	Wednesday	2.15pm
Horfield 9038538	Monday	11.30am
Junction 3 9223001	Monday	2.15pm

Library	Day (Term time only)	Time
Knowle 9038585	Tuesday Thursday	11.30am 11.30am
Marksbury Road 9038574	Thursday	10.30am
Redland 9038549	Tuesday	11.30am
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.30am
Southmead 9038583	Wednesday	11.15am
St George 9038523	Tuesday	11.00am
St Paul's 9145489	Tuesday	2:00pm
Stockwood 9038546	Friday	10.30am
Westbury 9038552	Wednesday	11.15am
Whitchurch 9031185	Monday	2.15pm
Wick Road 9038557	Wednesday Wednesday	10.30am 11.30am



Bristol Libraries

February 2018

[www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)







# Storytime Sessions

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

Library	Day (Term time only)	Time
Bedminster 9038529	Monday	10.30am
Bishopston 3576220	Saturday	11.30am
Bishopsworth 9038566	Wednesday	2.00pm
Central 9037215	Tuesday All Year Round!	11.30am
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.45pm
Hartcliffe 9038568	Wednesday	10.30am
Henbury 9038522	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	2.45pm
Horfield 9038538	Tuesday	11.30am

Library	Day (Term time only)	Time
Junction 3 9223001	Monday	2.45pm
Knowle 9038585	Friday	11.30am
Marksbury Road 9038574	Tuesday	10.30am
Redland 9038549	Wednesday	2.30pm
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.30am
Southmead 9038583	Tuesday	11.30am
St George 9038523	Thursday	10.15pm
Stockwood 9038546	Wednesday	10.30am
Westbury 9038552	Monday Friday	2.15pm 11.15am
Whitchurch 9031185	Tuesday	10.30am
Wick Road 9038557	Friday	10.30am



## Regular Activities in North West Bristol Libraries

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### **Southmead - 0117 9038583**

#### *Tuesdays*

##### **Pre School Storytime**

11.30am-12noon term time

#### *Wednesdays*

Art club 11am-1pm, contact Gill Dix

Baby Bounce & Rhyme 11.30am-12noon  
term time

Shared Reading Group 2pm-3:30pm

#### *Fridays*

MP Darren Jones Advice surgeries please  
contact his office for details 0117 959 6545

Science Fiction reading group

First Friday of the month, 1pm-2pm

Book Chat Group Second Friday of the month,  
1:30pm-2:30pm

Code Club for 8-11s: 3:45pm (for a limited time)

#### *Saturdays*

Local councillor advice surgeries 3<sup>rd</sup> Saturdays  
11am-12noon, informal drop in

Saturday Stitch Second and fourth Saturdays of  
the month, 2pm-3pm

Music Club Third or fourth Saturdays, 3pm-4pm

### **Henleaze - 0117 9038541**

Friends of Henleaze Library ask Megan for  
details. The Friends meet on an ad-hoc basis, and  
regularly put on cultural events

Meeting room for hire ask Megan for details  
(Monday and Thursday evenings already taken)

#### *Tuesdays*

HZ Reading Group first Tuesday of the month  
11am-12noon (See staff for waiting list)

IT Support Sessions 2:30pm-4pm (1/2 hour or  
hour sessions booked in advance, see staff)

#### *Thursdays*

Baby Bounce & Rhyme term time, 2pm-2.30pm

Pre-school Storytime term time, 11.15-11.45am

IT Support Sessions 3-4:30pm (1/2 hour or hour  
sessions booked in advance, see staff)

#### *Fridays*

Crime Reading Group third Friday of the month:  
1.15pm -2.15pm (See staff for waiting list)

Chess Club fortnightly, 5:30pm-6:45pm, all ages  
welcome, starting 18<sup>th</sup> January 2019

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### **Henbury - 0117 903 8522**

#### *Mondays*

Baby Bounce term time, 11.15am-11.45am

Adult Board Games club 3pm (Chess, Scrabble)

Bristol Charities Advisory Group first Monday  
monthly, 1pm-2pm

#### *Wednesdays*

Pre-school Storytime term time, 11.30am-  
12noon

Benefits Advice 11.30am-12.30pm

#### *Fridays*

Reading group adults last Friday monthly, 11am

#### *Saturdays*

Junior Art club 11am-12.30pm

Knit and Natter First Saturday of the month,  
2.30pm-3.30pm

### **Horfield - 0117 9038538**

#### *Mondays*

Baby Bounce term time, 11.30am-12noon

Parents' Reading Group after Baby Bounce,  
fourth Monday monthly

Junior Chess Club 3.30pm-4.30pm (starting in  
September)

#### *Tuesdays*

Pre-school Storytime term time, 11.30am-  
12noon

Board Games Club 3pm start (Chess, Scrabble)

#### *Thursdays*

Reading group adults fourth Thursday monthly,  
10.30am-12.30pm

Knit & Natter Third Saturday monthly,  
2.15pm-3.15pm

**Sea Mills - 0117 9038555**

*Mondays*

Reading group adults Second Monday of the month, 10.30am

*Tuesdays*

Baby Bounce & Rhyme 10.45am-11.15am term time

*Wednesdays*

Books Aloud Shared Reading, second & fourth Wednesday of the month, 10:30am-12noon  
Sketch & Chat first Wednesdays 2pm-3pm

*Thursdays*

Knit & Natter 2pm-3pm

*Fridays*

Over 50's Social Group third Friday of the month, 10.30am-12.30pm

*Saturdays*

Councillors' surgeries First Saturday of every odd month (January, March, May, July, September, November) 10am-12noon  
Code Club 10:15am-11:15am for ages 8-11, please book  
Homework Club second Saturday 2pm-3pm  
Any attendees must be accompanied by a parent/guardian

**Shirehampton - 0117 9038570**

*Thursdays*

Baby Bounce & Rhyme term-time, 11.30am-12noon

*Saturdays*

Councillors' surgeries third Friday of every EVEN month (February, April, June, August, October, December) 10am-12noon

**Avonmouth - 0117 9038580**

*Wednesdays*

Happy Reading Café Second Wednesday of the month, 2pm-3pm in the Community Centre

*Fridays*

Councillors' surgeries third Friday of each odd month (January, March, May, July, September, November) 10am-12noon in the Community Centre

**Lockleaze - 0117 3534667**

No activities currently running

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**Westbury - 0117 9038552**

Westbury Library Group ask Megan or Paul W for details

*Mondays*

Pre-School Storytime with volunteer Ann, term-time, 2.15pm-2.45pm

Just Add Cake Modern Literature Reading Group, fourth Monday of the month, 5:45pm-6:45pm

*Tuesdays*

Pre-school children's Spanish Storytime with volunteer Ann: term-time Tuesdays 11:15-11:45am

*Thursdays*

Shared Reading 11:00am-12:30pm

IT Support Sessions 11.15am-12.45pm fortnightly

(1/2 hr or hour slots bookable in advance see staff)

Reading Group one Last Thursday of the month, 2pm (See staff for waiting list)

Reading Group two Second Thursday of the month, 2pm (See staff for waiting list)

*Fridays*

Pre-school Storytime with Library staff, term-time, 11.15am-11.45am

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For more information on any of these groups, please call or ask in the relevant library.