



Families in Focus Bulletin - Part 1

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

Hello and welcome to the Autumn information and Services Bulletin from the North Bristol Families in Focus team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

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

Part 2 – Information and Support for Practitioners

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

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

Contents

Information and Services for Children and Young People	3
Horfield Library Rhyme Time	4
The Vench – Lockleaze Adventure Playground – Clubs	5
Horfield Young People’s Club.....	7
The Spooky Spooktacular Event.....	8
Anti-Bullying Week Films	10
Get Started with Health & Fitness	13
Shadow Safeguarding Board	14
About NACOA.....	15
Information and services for Parents / Carers	18
Avonmouth Community Centre – Activity Timetable.....	19
North Bristol Children’s Centre – Stay and Play sessions	20
North Bristol Children’s Centre – Group & Event Timetable	23
North Bristol Children’s Centre – Tea & Talk	24
North Bristol Children’s Centre – Young Parents Group.....	25
Baby Talk – Session for Parents & Carers	26
Reducing Parental Conflict Toolkit.....	27
Supportive Parents Update.....	29
Ignite – Inclusive Sport and Physical Activity	31
Community Learning	32
Welfare Rights and Money Advice Service	33
North Bristol Advice Centre	35
North Bristol Advice Centre – Get Online	36
Apply for a Secondary School Place 2022/23	37
Foster Carer Training: Caring for Unaccompanied Migrant Children	38

Information and Services for Children and Young People

Horfield Library Rhyme Time

Horfield Library Rhyme Time

Alternating Fridays 10:30am and 11:30am – booking essential - check website for latest details: https://www.bristol.gov.uk/libraries-archives/baby-bounce-and-rhyme-and-storytime-sessions?fbclid=IwAR1tLJoWQ48-MawRLDXC_cUlvquhQWOBPF_ANNIt8fWIFHTNBHcZfsm4b6M

Booking for in person Rhyme Times at Horfield Library is now open.

We are now cautiously restarting some library activities with Baby Bounce and Rhyme as a priority. In line with our approach to all events and activities in Libraries at this time, which must follow the guidance and requirements that Bristol City Council has provided to help stop the spread of Covid, we will not be able to return running the sessions in the same way as before.

Bookings only at the library or on the phone 0117 9038538

You will need to book in advance with no admittance unless pre-booked. Only one adult should attend with their child. Booking is for only one session at a time and each parent or carer can only book for themselves, so it isn't possible to book for yourself and a friend for example. Full details about how the sessions will run here: https://www.bristol.gov.uk/libraries-archives/baby-bounce-and-rhyme-and-storytime-sessions?fbclid=IwAR1tLJoWQ48-MawRLDXC_cUlvquhQWOBPF_ANNIt8fWIFHTNBHcZfsm4b6M

The Vench – Lockleaze Adventure Playground – Clubs



TODDLER PLAY GROUP

STARTS 29TH MARCH, MONDAYS 12:30-2:30pm, £4 donation

A friendly group set up by local parents who identified a need for parent & toddler groups in Lockleaze.

Join this group of max. 15 parents & toddlers for plenty of free play in our exciting adventure playground, singing, story time and crafts. We recommend you bring your own bikes/scooters and helmets, as the pump track is a bit hit with little people!

Saplings and seedlings baby groups

St Michael's church in Stoke Gifford run a range of baby and toddler groups at the Vench offering support for new parents, carers and preschool children in Cheswick village and Lockleaze

For more information about services offered and bookings please contact St Michael's church <https://www.stmichaelsbristol.org/events/saplings/>
<https://www.stmichaelsbristol.org/contact/>

Supervised play sessions for children

Free play sessions for children including a hot healthy meal, usually vegan or vegetarian to cater for all dietary requirements.

Term time: Play Sessions

Tuesdays, Wednesdays and Thursdays 3:30-6pm – families welcome, 8-12 year olds can attend unaccompanied, but under 8s must be accompanied by an adult

Term time: youth club TUESDAYS 6:30-8:30pm

Free youth group for 11-16 year old with a variety of optional activities including cooking, sports and pump track.

CYN YOUTH CLUB

TERM TIME WEDNESDAYS 5-7pm

Free sessions for young people aged 11-17 years old. Join the Creative Youth Network for sports, games and activities.

Autumn half term youth sessions

Monday 25th to Friday 29th 10:30 til 14:00

Tuesday 26th and Thursday 28th only 14:30 to 17:00

Every **Monday** we host a range of clubs for young people at the vench

LOCKLEAZE FOXES NETBALL

Free netball lessons for girls in school years 7-9, delivered by qualified coaches. Every Monday during term time from 5pm-6:30pm. For more information please contact Andy.blackmore@wesport.co.uk or reuben.grant-whatman@groundwork.org.uk

Cooking Club

An amazing cookery group managed by a group of volunteers, aimed at teaching young people 11-16 to cook fresh, healthy and delicious food. Every Monday 4pm to 6pm for more information / booking enquiries please contact reuben.grant-whatman@groundwork.org.uk

GAMELAN MUSIC FOR WELLBEING

Gamelan is percussion music from Indonesia. By playing music together, we can improve our confidence and wellbeing. No musical experience is necessary to join

A 12-week course for 8-16 year olds Free!

Mondays 4.30-6pm The Vench, Lockleaze

Please contact 07833128737 to reserve your space and to find out more
Or email reuben.grant-whatman@groundwork.org.uk

FOODCLUB

Each week we receive a delivery of surplus supermarket food from Fareshare, a charity which rescues good food from landfill and diverts it to local community projects.

Families living in Lockleaze ward can join FOODclub for £1 a year. As a member, you can pick up a share of food for £3.50 every Tuesday or Friday between 9:30-11:30am. There is usually a mix of fresh meat, dairy, fruit and vegetables – we estimate a share would be worth £15-20 if bought at a supermarket.

More information can be found on our website <https://thevench.co.uk/foodclub/>

Horfield Young People's Club

Hey, Horfield!

Your Club is Back –

And this is what you can expect during your time with us:

Indoor	
Badminton	Crafts
Table Tennis	Art
Table Football	Competitions
Snooker/Pool	Fun Activities

Outdoor	
Football	Rounders
Racket Games/Cricket	Dodgeball
Races/Running	Natural World
Rugby	Outdoor Challenges

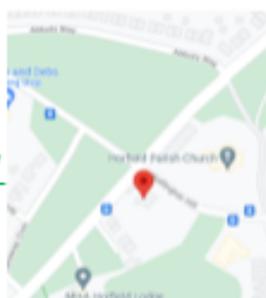
Juniors and 11-12 year olds – Come and be part of it!

And those Special Nights!	
Film/Video	Party Time
Drama	Cookery
Music	Entertainment

Horfield Young People's Club

Fridays 6.15pm -8.00pm (term time)

Horfield Parish Church Hall,
Wellington Hill,
Bristol, BS7 8ST



You will be very welcome to join us!



Contact:

Tel: 0117 9246550 (Geoff)

Email: anna@agtrans.co.uk

The Spooky Spooktacular Event



Following on from their sell-out 2020 Halloween event, award-winning Bristol based theatre company [Brave Bold Drama](#) & the [Bean Tree Cafe](#) present 'The Spooky Spooktacular'. A blend of family theatre and Halloween-themed treasure trail, join us for some wickedly wacky fun suited to ghouls and boils aged 4+.

The Spooky Mission! Theatre show devised and performed by Brave Bold Drama:

There's something mysterious going on in an art gallery in Transylvania. Agents Dali & Kahlo of the Company of International Artists are called in to investigate.

Can you help them crack the case?

A fun, interactive, playable show by award-winning theatre company Brave Bold Drama. No bangs, baddies or blackouts. Suitable for all the family.

Halloween Treasure Trail:

Follow the bewitching treasure trail, in the sensory garden, harnessing your sharp eyes and big imaginations to uncover clues about famous Halloween artworks in order to uncover a secret sweet treat. Treat for adults & children.

Thursday 28th - Sunday 31st October
4pm, 4.45pm, 5.15pm & 6pm on all days
Duration: 1 Hour

Tickets: £7.50 per person, Adults & Children (plus booking fee).

Children must be accompanied by an adult at all times. Children under 2 years old are free and do not need a ticket.

Booking in advance only via eventbrite: <https://www.eventbrite.co.uk/e/the-spooky-spooktacular-tickets-174994161247>

The event take place in the Bean Tree Cafe (theatre show) & enclosed Sensory Garden (outdoor treasure trail) in Page Park, Staple Hill (BS16 5LB). This event has been designed to be Covid-safe.

Please wear suitable clothing.
Cafe will be open for light refreshments.

Feedback from The Spooky Spooktacular 2020:

"We absolutely loved the Spooktacular event 😊" (Parent)

"What a fab time was had by all. We look forward to next year!" (Parent)

"Made our Halloween - thank you for putting this on. We really enjoyed the theatre show. My daughter won't stop talking about it." (Parent)

Brave Bold Drama website: www.bravebolddrama.co.uk

Bean Tree Café Facebook Page: <https://www.facebook.com/beanrecafebristol>

Anti-Bullying Week Films

ANTI-BULLYING WEEK 2021

PRIMARY AND SECONDARY FILMS NOW RELEASED



ANTI-BULLYING
ALLIANCE

SCROLL DOWN
TO WATCH



ANTI-BULLYING WEEK FILMS - NOW RELEASED

SCROLL DOWN TO WATCH THE OFFICIAL ANTI-BULLYING FILMS FOR 2021

We were approached by the Anti-Bullying Alliance (for the fifth year running) to produce both the National Anti-Bullying Week films for secondary and primary aged children. The films will be showcased in schools across the country this Anti-Bullying Week, which is happening from **Monday 15th to Friday 19th November 2021.**

We worked with young people from City Academy, Fairfield High School, Ysgol Gyfun Gymraeg Glantaf, Somerville Primary School and Blaengwrach Primary School to produce two powerful short films, one for primary aged children and one for secondary. The purpose of the films is to help inspire young people to follow this year's Anti-Bullying Week theme #OneKindWord.

We urge you to share these films with the young people in your setting or household, to empower them to choose follow this year's theme: #OneKindWord. We hope these films can be used to launch those all important conversations about bullying and what we can all do to work together to help prevent it from happening.

"Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week"

Anti-Bullying Alliance

What will you be doing to celebrate Anti-Bullying Week this year? We will be touring schools delivering our Triple-R assemblies. These are energetic, engaging, interactive assemblies aimed to aid young people with the knowledge to recognise, report and resolve all forms of bullying. **We have limited availability left for Primary School assemblies on 22nd-25th November.** If you would like to book an assembly slot for your setting please contact Krystal at theoffice@uniquevoice.org.



[CLICK TO WATCH ANTI-BULLYING WEEK FILM FOR PRIMARY EDUCATION](#)



[CLICK TO WATCH ANTI-BULLYING WEEK FILM FOR SECONDARY EDUCATION](#)

Get Started with Health & Fitness

▶ GET STARTED with Health & Fitness

A chance to boost your fitness, motivation, confidence, well-being
& gain an insight into the Fire and Rescue Service



Prince's Trust

AGED

16-25?

A mix of fun workouts, physical activities and wellbeing sessions, this face to face 5 day course with Avon Fire and Rescue Service will help you build the following:

- Improve your fitness whilst having fun
- Build your confidence
- Get pro tips on self discipline and goal-setting
- Learn about the importance of a healthy lifestyle as a basis for good mental wellbeing, & more!
- Gain an insight into the Fire and Rescue Service

This Get Started will be based at Yate Fire Station.

DATES FOR YOUR DIARY:

- ▶ Application Deadline: 5th November
- ▶ Taster Day: Tues 9th November
- ▶ Course Dates: Mon 15th - Fri 19th November 2021

For more information and to sign up, please contact :

Nina Mann - Prince's Trust
07483 905 529
or freephone 0800 842 842
or email nina.mann@princes-trust.org.uk

Available free of charge to young people **aged 16-25** not
in full time work, training or education living in Bristol / South Glos



AVON
FIRE & RESCUE





WANT TO MAKE A CHANGE FOR THE BETTER?

The Shadow Safeguarding Board work with Bristol's leaders to make sure they stick to their promises, listen to young people's voices, and take action to keep children and young people safe.

ARE YOU BETWEEN 11-25 YEARS OLD?

**HAVE YOU (OR KNOW SOMEONE WHO HAS)
EVER WORKED WITH, OR BEEN INVOLVED WITH:**

- A SOCIAL WORKER ?
- A YOUTH WORKER ?
- CAMHS ?
- THE POLICE ?
- OR ANY OTHER PROFESSIONAL
WHO WORKS TO KEEP CHILDREN SAFE ?

We want to hear from you



Scan the QR code
or visit our website
to sign up

For more information about support for children
and young people in Bristol, please check out our website
www.bristolsafeguarding.org/children

About NACOA



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline 0800 358 3456
helpline@nacoo.org.uk

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE
Cherie Lunghi • Elle Macpherson • Suzanne Stafford CQSW • Camilla Tominey • David Yelland

Nacoo (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of all ages, many whose problems only become apparent in adulthood.

Nacoo's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacoo's free, confidential telephone (0800 358 3456) and email helpline (helpline@nacoo.org.uk) is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoo's services include: -

- Free, confidential helpline
- Online message boards
- Website with personal experiences (www.nacoo.org.uk), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected

The National Association for Children of Alcoholics (Nacoo)
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoo.org.uk
Web nacoo.org.uk
Socials @nacooauk



You are not alone

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

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

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

Callers often talk about:

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

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

Alcohol problems and the family

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

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

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

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

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

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

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

What you can do

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

Find out more about alcohol and the family

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

Remember you are not responsible for people's drinking

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

Remember alcohol affects the brain

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

Be ready with information

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

Be realistic

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

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

0800 358 3456

nacoo.org.uk



helpline@nacoo.org.uk

Ways to feel better

Talk to someone you trust

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

Make time for yourself

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

Understand that your feelings are normal

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

Read people's experiences on our website

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

Access other sources of support

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

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

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



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

Nacoo's aims

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

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

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

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

Patrons

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

Helpline: 0800 358 3456 helpline@nacoo.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoo.org.uk
Website: nacoo.org.uk

Information
for people
affected by
their parent's
drinking



nacoo.org.uk

Registered Charity No: 1009143



FREE Helpline 0800 358 3456
helpline@nacoo.org.uk

Do you....

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

Tell lies to cover up for someone else's drinking?

Feel guilty and don't know why? Feel different from other children?

Feel confused when mum or dad change when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?

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

Things to remember

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

The Nacoo Promise

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

Ways to feel better

Talk to someone you trust

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

Find time for things you like

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

Talk to Nacoo

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

Read other children's stories

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

Visit our website
Nacoo.org.uk for lots more
information and support

0800 358 3456

nacoo.org.uk



helpline@nacoo.org.uk



Free helpline

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



Call
0800 358 3456



Email
helpline@nacoo.org.uk



Message Boards
nacoo.org.uk/messageboards

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

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

Nacoo's aims

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

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

Text 'Donate Nacoo 90' to 88802 to donate via smartphone.

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

Patrons

Tony Adams MBE • Calum Best • Lauren Booth • Liam Byrne MP
David Colwell • Geraldine James OBE • Cherie Lunghi • Elle Macpherson
Suzanne Stafford CQSW • Camilla Tominey • David Yelland

Helpline: 0800 358 3456 helpline@nacoo.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoo.org.uk
Website: nacoo.org.uk Socials: @NacooUK



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



nacoo.org.uk

Registered Charity No: 1009143



FREE Helpline 0800 358 3456
helpline@nacoo.org.uk

Information and services for Parents / Carers

Avonmouth Community Centre – Activity Timetable

Contact us at accabookings.marketing@gmail.com

Avonmouth Community Centre

Avonmouth Road

BS11 9EN

Tel. 0117 982 7445



Activities at Avonmouth Community Centre

Activity	Provider	Day	Time	Booking details
Knitting & Crochet	Local residents	Every Monday	1000-1200	Contact the Community Centre if you would like to attend.
Brazilian jiu jitsu	Gracie Barra Martial Arts School	Every Tuesday & Thursday	1700-2000	Free trial available. Call 07968 067478 for more details.
Genealogy	Local residents	Fourth Tuesday of each month	1900-2200	Contact the Community Centre if you would like to attend.
Supertots Toddlers playgroup	Avonmouth Community Centre	Every Wednesday (term time)	0930-1130	Booking is advisable as spaces are limited. https://www.facebook.com/supertotsatacc
Community Soup	Avonmouth Community Centre	Every Wednesday	1200-1400	All welcome - eat in or take away
Art Group	Local residents	Every Wednesday	1400-1600	Contact the Community Centre if you would like to attend.
Line Dancing	Outside provider	Every Wednesday	1930-2130	Contact the Community Centre if you would like to attend
Ladies Club	Local residents	First & third Tuesday of each month	1900-2100	Contact the Community Centre if you would like to attend
Lunch Club	Avonmouth Community Centre	Every Thursday	Lunch served at 1230	Contact the Community Centre if you would like to attend
Chair Yoga	Sarah Bradley	Every Friday	0900-1000	https://www.tranquilot.co.uk https://www.facebook.com/yogaforeverydayfulfillment/
Young at Heart	Local residents	Every other Friday	1400-1600	Bingo and chat over tea & biscuits. Just turn up!
Ballet School	Avonmouth Dance Academy	Every Friday	1600-1700	To enrol your child go to: http://www.avonmouthdanceacademy.co.uk

North Bristol Children's Centre – Stay and Play sessions

nbcc
north bristol children's centres

www.northbristolcc.org.uk

Facebook Instagram

Avonmouth Children's Centre
No booking required

DAD'S STAY & PLAY

First Saturday of every month
Starting from the 6th November!

Drop-in between 9:30Am - 11AM

Lots of activities
suitable for ages up
to 5

Dads,
Grandparents
& Male carers
with children
0-5 years.

Please get in touch to find out more!
Email: nbcc@bristol-schools.uk Phone: 0117 377 2685



DAD'S STAY & PLAY!



Dads,
Grandads
and male
carers!

DROP-IN
SATURDAY 23RD OCTOBER
10AM-11:30AM
FILTON AVENUE CHILDREN'S CENTRE

Halloween
Fancy
dress
optionall



Please get in touch to find out more!
Email: nbcc@bristol-schools.uk Phone: 0117 377 2685



nbccc
north bristol children's centres

JOIN US FOR



Stay & Play

At The Community Hall at The Hub
Gainsborough Square, BS7 9FB

Every Tuesday from the 12th October 10-11:30am
Term time only.



WWW.NORTHBRISTOLCC.ORG.UK

North Bristol Children's Centre – Group & Event Timetable

		Groups & Events Timetable				Autumn 2021
		Monday	Tuesday	Wednesday	Thursday	Friday
Filton Avenue	ESOL 9:30am- 11:30am Introduction course for people wanting to improve their English please contact Richard: richard.davies@bristol.gov.uk Creche Available.	Childminders 9:15am- 11:15am An opportunity to engage in play and share good practice and ideas.	Stay & Play 9:30am- 11am Activities and play ideas. Aimed at ages 0-5	Under 5's Hub 9am- 12pm Appointment only. Please contact your local health visiting team to book a spot.		
	Early Birds 1:30pm- 2:30pm If your baby was born prematurely or spent time in special care after birth.				Well-being 10am- 11am Women's well-being group. Starts October. Contact: nbcc@bristol-schools.uk	
Upper Horfield	Sensory Baby 10am- 11am Support your babies language development, bond and have fun to help them understand the world around them.	Nurture Programme 9:30am- 11:30am Parenting course for parents with children ages 2 to 10 years. Contact nbcc@bristol-schools.uk		Please contact us to be added to the waiting list: nbcc@bristol-schools.uk		5 To Thrive 10:30am- 11:30am A 6-week course for parents/carers and under 5s. Focusing on attachment, play and baby brain development. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk
			Stay & Play Lockleaze 10am- 11:30am Lots of activities and play at The Community Hall, The Hub Gainsborough Square. Aimed at ages 0-5.	Baby Group 1pm- 2pm Join us for a friendly group with a focus on early reading.		
Stoke Park /Lockleaze						
Southmead	Young Parents 10am- 11:30am Meet other young parents in your area. Contact nbcc@bristol-schools.uk	ESOL 9:30am- 11:30am Introduction course for people wanting to improve their English richard.davies@bristol.gov.uk	Stay & Play 1pm- 2:30pm Lots of activities and play. Aimed at ages 0-5	Under 5's Hub 9am- 12pm Appointment only. Please contact your local health visiting team to book a spot. Contact: 07916365429		
		Childminders 9:15am- 11:15am An opportunity to engage in play and share good practice and ideas.		Food Club 10am-11:00am Weekly low cost food club To find out more email: bristfoodclub@family-action.org.uk		Please contact us to be added to the waiting list: nbcc@bristol-schools.uk
		Breastfeeding 11:30am- 1pm A supportive session to help you and your baby get the most out of breastfeeding.		5 To Thrive 1pm- 2pm A 6-week course for parents/carers and under 5s. Focusing on attachment, play and baby brain development.		
LongCross	Tea & Talk 9:15am- 10:45am A great place for parents and carers to meet. Drop in and say hello.	Under 5's Hub 9:30am- 12:30pm Appointment only. Please contact your local health visiting team to book a spot.	Incredible Years Parenting Program Starting in November. Creche available. To find out more please contact: nbcc@bristol-schools.uk	Stay & Play 9am- 10:30am Activities and play ideas. Aimed at ages 0-5	Nurture Programme 9:30am- 11:30am Parenting course for parents with children ages 2 to 10 years. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk	
	Community Learning -Maths From 20th September 9:30am-11:30pm. -English From 17th of October 1pm-3pm Contact: suzanne.gaffney@bristol.gov.uk			Breastfeeding 1:15pm- 2:15pm A supportive session to help you and your baby get the most out of breastfeeding. Location: Hope Church & Cafe, LongCross BSI1 0LT		
	Family First Aid 1pm- 3pm 4 week course. Starts Monday 13th September. Contact: suzanne.gaffney@bristol.gov.uk					
Sea Mills			Under 5's Hub 9am- 12pm Appointment only. Please contact your local health visiting team to book a spot.			
Avonmouth	Rainbow Supports families with children who have additional needs, in a safe environment. Contact Helen on 07825 310732		Stay & Play 10am- 11:30am Activities and play ideas. Aimed at ages 0-5	Childminders 9:45am- 11:15am Starts 16th September. An opportunity to engage in play and share good practice and ideas.		
			ESOL 9:45am- 11:45am For people wanting to improve their English. Contact: suzanne.gaffney@bristol.gov.uk		Stay & Play 9:30am- 11am Join us at Shirehampton Public Hall. Lots of activities and fun!	
Shirehampton						

Please get in touch to find out more!
www.northbristolcc.org.uk

North Bristol Children's Centre – Tea & Talk

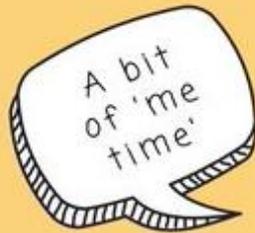
nbcc
north bristol children's centres



improving parents well-being

Tea & Talk

Drop-in!



Join us for Tea & Talk. Get away from the chaos and be with other adults for a relaxed and informal chat



Hot drinks and breakfast options available

MONDAY'S

9:15AM-10:45AM

AT LONG CROSS CHILDREN'S CENTRE

Please get in touch if you would like to know more

Email: nbcc@bristol-schools.uk Phone: 0117 903 0740

www.northbristolcc.org.uk

YOUNG PARENTS GROUP

WHEN

Every Monday between
10am-11:30am

WHERE

Southmead Children's Centre
Doncaster Road Southmead
Bristol BS10 5PW

For further information please
email:
danielle.pring@bristol-schools.uk



UNDER 23

Babies, Toddlers, Mums
& Dads to be.

FREE ENTRY

STAY & PLAY

Free flow play
Children's activities
Inside & outside play
Stories
Singing
Drinks & snacks

ACCESS

A safe space
Support & advice
Information & guidance
Sign posting to other
services

Baby Talk – Session for Parents & Carers



Community Children's
Health Partnership



Bristol Early Years Speech and Language Therapy Team

Baby Talk

How to help your baby learn to talk

A 1-hour session for parents and carers
of children 0-18months.

Choose from these dates:

21st October

25th November

9th December

At 10 -11am via Microsoft Teams

Come and find out:

What do babies need to learn?

How communication develops – what to expect & when.

What we can do to help your baby develop, feel safe and help their brain grow.

To book a place use this link:

<https://www.eventbrite.co.uk/e/baby-talk-parents-and-carers-tickets-163631244457>

or email sirona.sltearlyyears@nhs.net

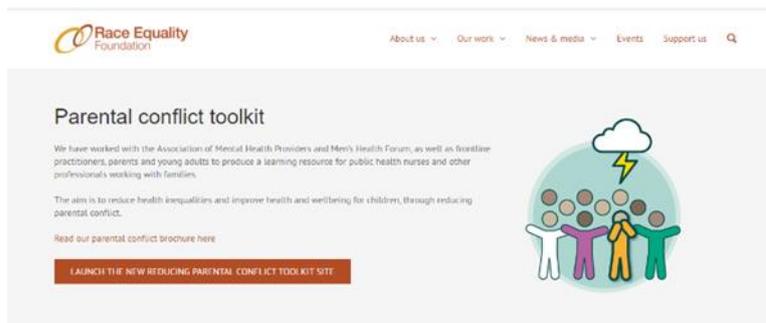


Sirona care & health, 2nd Floor, Kingswood Civic Centre
High Street, Kingswood, Bristol, BS15 9TR

Service provided by:

Sirona
care & health

Reducing Parental Conflict Toolkit



Race Equality Foundation launches new pioneering toolkit to improve children's wellbeing

The Race Equality Foundation, a national charity which promotes equality across public services, has today launched a new toolkit which aims to reduce health inequalities and improve health and wellbeing for children, through reducing parental conflict.

The [unique toolkit](#) highlights that:

- [1 in 10 children living with both parents have one parent reporting 'relationship distress'](#)
- [Children's wellbeing and life outcomes are affected by conflict between their parents from the womb](#)
- [The cost of family breakdown is estimated at £51 billion annually](#)

The tool, made up of nine sections, is the first of its kind in explaining how culture influences non-violent conflict, particularly in relation to harder-to-reach groups like those from ethnic minority backgrounds, fathers and LGBTQ+ parents.

It has been co-produced by the Race Equality Foundation, two partners (Men's Health Forum and the Association of Mental Health Providers) and frontline practitioners – such as public health nurses, including health visitors, school nurses, general practice nurses and midwives - and other professionals working with families, as well as the parents and young people engaging with these services.

It also contains resource sheets for parents to work through their feelings and actions practically and signposts to further support, such as the Race Equality Foundation's accredited "Strengthening Families, Strengthening Communities" parenting programme.

Eleni Bloy, Consultant at the Race Equality Foundation said: "Conflict does not need to be violent or obvious to be harmful to children. Understanding what harmful conflict is, how it affects children and, why it happens is crucial so that parents can do their best for their children and their wellbeing. It's also incredibly important for practitioners to understand the role of ethnicity and

culture when it comes to relationship conflict, communication and engagement with services, so they can spot the signs and offer support. “We are hugely grateful to our project partners, for the support of the Department for Work and Pensions and funding from Public Health England through the Health & Wellbeing Alliance to make this significant work a reality.”



Access the toolkit here.

Supportive Parents Update



Supportive Parents are announcing some exciting changes! 🌈😊

We are changing our name and refreshing our logo - the changes are coming into effect this week. This means that our website will be updated to match our new name, along with our social media channels. We have already started to make these changes on our social media and we are also launching an Instagram account under the new name.

From now on, as an organisation, we will be known as SEND and You - SAY.

The decision to change our name was initiated by feedback from service users, lots of whom felt that the name indicated that we only work with parents, and also that we are a voluntary organisation where parents support other parents. We have since sought further feedback from our service users, staff, trustees and other professionals and have developed our new name and branding accordingly. Our central aim is to ensure that our name reflects who we are and what we offer - including being able to use the acronym SAY to continue our quest to engage more children and young people directly.

Our goal is to promote and raise awareness of the services that SEND and You, formerly Supportive Parents, offer to children and young people with special educational needs and disabilities, along with their parents and carers in Bristol, South Gloucestershire and North Somerset. We will continue to provide these services as normal throughout this period of transition.

Look out for more information and updates [on Facebook](#), or [on Twitter](#) and on our website sendandyou.org.uk. We have also [launched an Instagram page](#) – follow us there for more

updates and content. If you have any questions about the changes, don't hesitate to get in touch by [clicking here](#).

SEND and You New Video



We have created a new animated video which explains what we do.

SEND and You provides the Special Educational Needs and Disabilities Information, Advice and Support Service for Bristol, South Gloucestershire and North Somerset.

Click to see our new video explaining more about SEND and how we can support parents, carers, children and young people with special educational needs and disabilities.

Hit the like button and [subscribe to our channel on Youtube](#) to be updated on our new content in the coming months.

SEND and You Events

Be sure to follow SEND and You on Eventbrite and keep an eye out for free tickets to our upcoming events across Bristol, North Somerset and South Gloucestershire.

[SEND and You Events | Eventbrite](#)



Ignite
BRISTOL
Active. Inclusive. Together.

Looking for disability inclusive sport and physical activity in Bristol?

Go to:

www.ignitebristol.co.uk/get-active

Sign up to the Ignite Bristol Newsletter
for updates. Go to: bit.ly/IB-signup

Community Learning

NORTH BRISTOL -FREE courses for 2021

Bristol Community Learning continues to offer a range wide of **FREE** face to face and online courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. Community Learning has some IT equipment to loan out and Wi-Fi bundles to help learners with limited digital access.

Intro to Office Skills/IT for Employment.

10am to 12noon, Tuesdays from 09/11/21. Online. Will suit learners at Entry level 3 and above. Contact **Suzanne**.

Level 1 Award in Health and Social Care

9.30am to 2.30pm, Thursdays, starts 4th November at Henbury and Brentry Community Centre, 30 hours, 6 weeks, TBC. This accredited course will help prepare learners to apply for work in this sector (adults and children). Will suit adults at Entry Level 3 English and above. Contact **Suzanne**.

Brush Up Your English and Brush Up Your Maths (leading to a Functional Skills course in Jan)

For information about local face to face and online courses contact **Suzanne or Richard**.

ESOL All About Me

9.45 to 11.45am, Tuesdays from 12/10/21 for 6 sessions, online using Zoom.

Introductory and assessment course. Not suitable for Pre-Entry learners. Contact **Suzanne**.

Feel Good Outdoors

1-3pm, Fridays from 15/10/21 for 4 sessions, at Lawrence Weston Community Farm. A wellbeing course focussing on nature and benefits of being outdoors, links in with volunteering opportunities and local groups. Contact **Suzanne**.

ESOL Conversation Clubs and courses

for more information check our website www.esolcc.org or visit Learn English in Bristol website: www.LEB.community

COMING SOON:

Seasonal Crafts On A Budget – family learning course – contact **Suzanne**

Fun With Phonics – online family learning course, after school – contact **Suzanne**

ESOL for Life in UK – Henbury Court Children’s Centre, Tues. am. Jan. – contact **Suzanne**.

North Community Learning Development Workers:

Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

& Richard on 07788353420 or email richard.davies@bristol.gov.uk

www.communitylearningwest.net



Welfare Rights and Money Advice Service

Welfare Benefits Tips October 2021

Hello to you.

Welfare Benefits Rates

Below is a link to the .gov.uk pages that set out **benefit rates for all welfare benefits**. Sadly, universal credit (UC) claimants will face a reduction of £1000/year (£20/week) from the end of September, due to the end of the 'UC Covid uplift'. You can check what this reduction means in the Universal Credit section of the link - see the differences between UC up to the end of September and from October 2021-March 2022).

<https://www.gov.uk/government/publications/benefit-and-pension-rates-2021-to-2022/benefit-and-pension-rates-2021-to-2022>

Bristol City Council website benefits calculator

You can find the calculator at:

<https://bristol.entitledto.co.uk/home/start>

- It can be very helpful for all low-income households, to see if they might have an unclaimed benefits entitlement.
- Also, bearing in mind the drop in UC rates, the calculator can help people to see how they might be better off by just doing a few hours paid work per week. UC is designed to encourage people to find work, so it's more 'generous' than previous working age benefits, in allowing people to keep more waged income before they lose their UC entitlement.

To give an example: a 28 year old lone parent mother of an 8 year old girl and 6 year old boy, all in good health, living in a 2-bedroom private rented flat or house in BS5.

- Through benefits, the total household income would be £1667/month (including rent at £850/month). The household would be benefit capped at that amount and would be entitled to free school meals (FSMs). Apart from FSMs, after rent is paid, there would be £817 for food, drinks, gas and electricity bills, household essentials, clothing, travel etc.
- The same family, with the Mum working 15 hours/week at minimum wage, could be around £472/month better off, but would have to make some council tax contributions.

WRAMAS' Services

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

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

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

T: (0117) 352 1888 E: welfarerights@bristol.gov.uk

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

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

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

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



Produced by Bristol City Council Welfare Rights and Money Advice Service

North Bristol Advice Centre



**Free and independent
advice and support**

For North Bristol and
South Gloucestershire

- ▶ Welfare Benefits
- ▶ Universal Credit
- ▶ Debt Advice
- ▶ Appeals and representation
- ▶ Help to Get Online

**Enquire using our Advice Tool at
www.northbristoladvice.org.uk
Or call 0117 951 5751**



Registered Charity number: 1066921

Get Online



North Bristol
Advice Centre



New Time & New Location!

Tuesdays: 10am - 12:30pm

Wednesdays: 1:30pm - 4pm

Get help with:

Just drop in!

Using the Internet

Filling in online forms

Setting up and using email

Searching for information and jobs

Finding best deals and bargains

Using social media

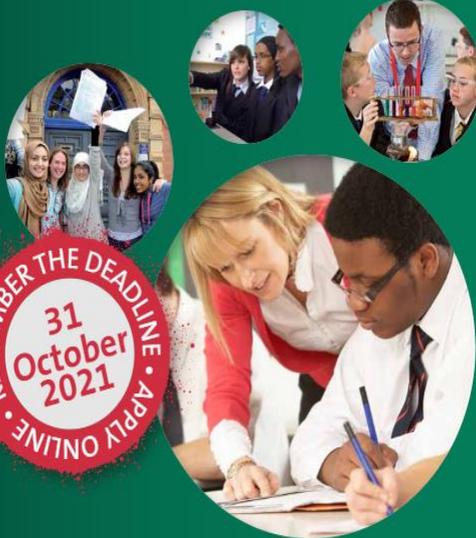


**6 Gainsborough Square
Lockleaze, BS7 9XA**

Apply for a Secondary School Place 2022/23

apply for a **secondary school** place for the school year **2022–2023**

If your child was born between **1 September 2010 and 31 August 2011** you will need to apply for a school place by **31 October 2021**.



TRADING WITH SCHOOLS
BRISTOL
LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

- Check out the guidance on applying to schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community secondaries the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. School websites provide details of open evenings and other events.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 31 October 2021.

School Admissions (CH)
Bristol City Council
PO Box 3399, Bristol, BS1 9NE
www.bristol.gov.uk/schooladmissions
e school.admissions@bristol.gov.uk
t 0117 903 7694



Why apply online?

- The system helps you by checking for errors.
- There is no risk that your application will be lost in the post.
- It is quick and easy to do.
- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 31 October 2021.

Apply online www.bristol.gov.uk/schooladmissions

[School admissions - bristol.gov.uk](http://www.bristol.gov.uk/schooladmissions)

Foster Carer Training: Caring for Unaccompanied Migrant Children



Caring for Unaccompanied Migrant Children: Training for Foster Carers in England

Using materials created by the Fostering Across Borders project, in association with IOM and CoramBaaf, Tamarisk Training presents 6 sessions of online training on Zoom.



For further details and bookings via Eventbrite click [here](#)

The experiences of unaccompanied migrant children

Dates: 20th Sept 2021 or 10th Jan 2022

Session 1 introduces us to unaccompanied migrant children. Where do they come from? Why do they travel alone? What experiences do they have on the journey?

Rights, processes and their impact on unaccompanied migrant children

Dates: 4th Oct 2021 or 24th Jan 2022

Session 2 gives an overview of the processes affecting unaccompanied migrant children, including seeking asylum, age assessment and leaving care. It considers the impact that these processes have on migrant children and clarifies the roles and responsibilities of foster carers within them.

Understanding the needs of unaccompanied migrant children

Dates: 18th Oct 2021 or 14th Feb 2022

Session 3 focuses on better understanding the needs of unaccompanied migrant children. It looks at relationship and identity-building, children's mental health, and at the concept of resilience.

Meeting the needs of unaccompanied migrant children

Dates: 1st Nov 2021 or 28th Feb 2022

Session 4 prepares foster carers to welcome unaccompanied migrant children and help them settle in their new homes and surroundings. We also consider the importance of rebuilding trust and reasons why children may provide inaccurate information.

Exploring cultural difference and cultural needs

Dates: 15th Nov 2021 or 14th Mar 2022

Session 5 focuses on cultural needs of migrant children and explores some common cultural differences which can create misunderstanding.

Caring for the carers

Dates: 29th Nov 2021 or 28th Mar 2022

The final session, in collaboration with Art Refuge UK, provides carers with tools to better recognise, manage and prevent compassion fatigue.

Tamarisk Training design and facilitate bespoke training events to promote intercultural awareness and understanding of issues facing asylum seekers and refugees. Please find out more about us at www.tamarisktraining.co.uk

