Families in Focus

BRISTOL CITY COUNCIL

Children & Families PARTNERSHIP

March 2022 Families in Focus Bulletin - Part 1

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

Hello and welcome to the March 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.

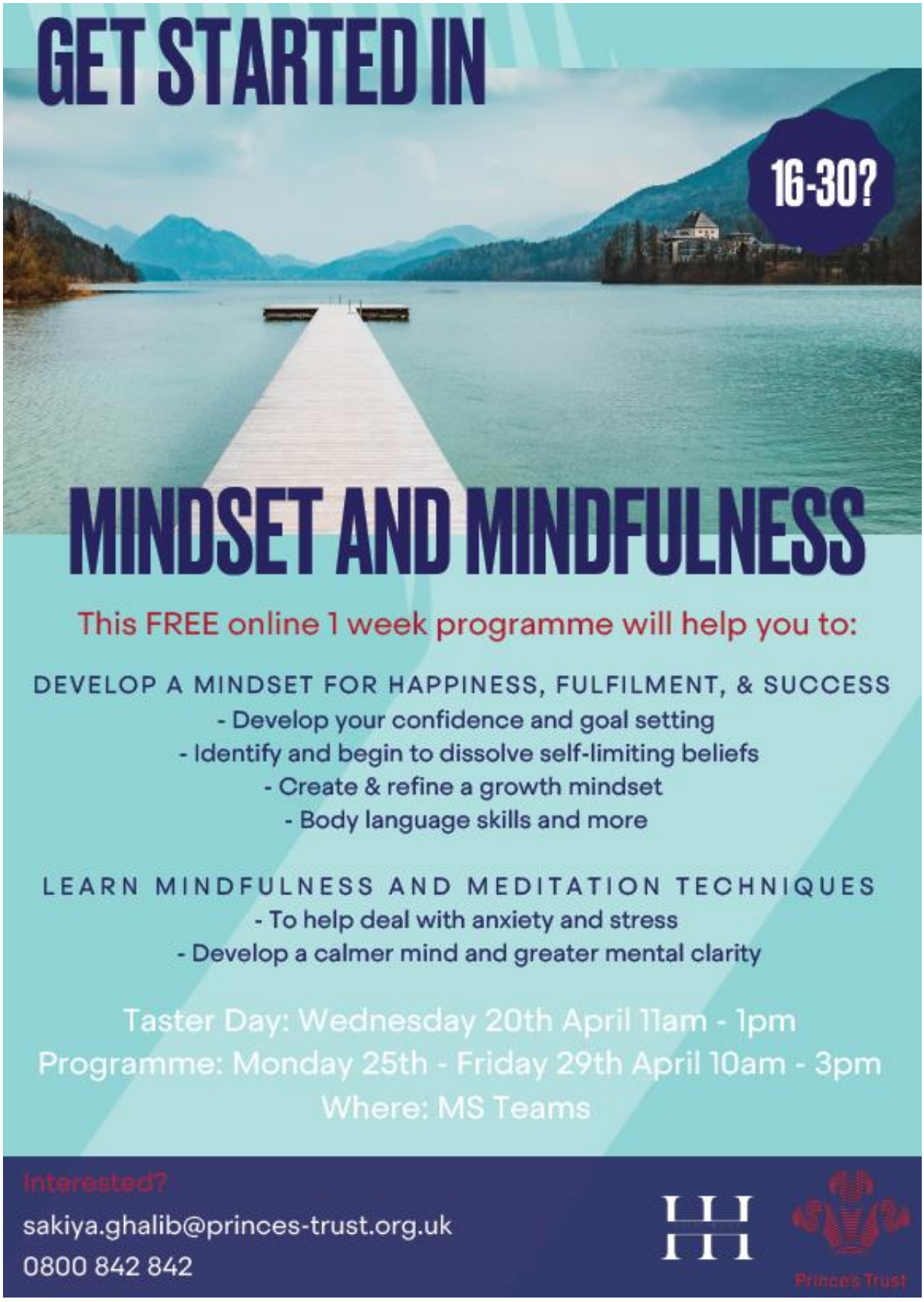
We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

Contents

Contents ..... - 2 -
Information and services for children and young people ..... - 3 -
Mindset and Mindfulness Free Online Programme ..... - 4 -
Beginners Surfing Workshop at The Wave, Bristol ..... - 5 -
Career Pathway into Construction: Free Construction Course ..... - 6 -
Development Awards: Funding to Train and Learn ..... - 7 -
The Family Centre Deaf Children – What's On ..... - 8 -
Children's Scrapstore – Messy Play Sessions ..... - 9 -
Children's Scrapstore – Supporters Plus Card ..... - 10 -
Branch Community Church: Free Easter Holiday Lunch Club ..... - 10 -
Circus Fun – Free Kids Circus Play Day with Lunch ..... - 11 -
Off The Record – Mental Health and Networking for Young People ..... - 12 -
Off The Record – FAQs ..... - 14 -
Kooth: Online Mental Wellbeing Community for Young People ..... - 15 -
Support for Children Impacted by a Parent's Drinking ..... - 16 -
Bristol Mental Health & Wellbeing Directory ..... - 17 -
FREE courses for SPRING '22 North Bristol ..... - 18 -
Information and services for parents / carers ..... - 19 -
Bristol Libraries opening hours ..... - 20 -
Spaces Available for September at Filton Avenue Nursery School ..... - 21 -
North Bristol Children's Centres Groups & Support ..... - 22 -
Kids Matter – Free Parenting Group in Southmead ..... - 23 -
Support for Parents of Children with Autism: Free Workshops ..... - 24 -
Support for Parents of Children with Autism: Free Workshops ..... - 25 -
Free Monthly SEND Parent Support Session ..... - 26 -
SENDANDYOU – Empowering Children & Young People living with SEND ..... - 27 -
Ups and Downs Youth Club & Community Picnic ..... - 28 -
Employment Support for Parent Carers ..... - 29 -
Working in Early Years and Play ..... - 30 -
North Bristol Advice Centre ..... - 31 -
Welfare Rights and Money Advice Service ..... - 32 -
Crimestoppers: Speak Up to Protect Vulnerable People ..... - 34 -

Information and services for children and young people

Mindset and Mindfulness Free Online Programme



Beginners Surfing Workshop at The Wave, Bristol

Are you 16-30? Not in education or employment?

Want to learn to surf?

Ever wanted to try surfing but as a complete beginner, didn't know where to start? Then this programme is the one for you! We have joined with The Wave Bristol to give you the opportunity to build confidence and learn a new skill through 5 days of workshops. Learn about water safety, be inspired by water sport professionals and learn the foundations of surfing!

Please note:

- You will need to be a confident swimmer and be able to swim 50m
- All Equipment will be provided and a helmet must be worn at all time

Taster Day: Thurs 30th March 2022

Programme: 4th - 8th April 2022

Location: The Prince's Trust Centre Bristol & The Wave, Bristol

Interested?

harry.goodrick@princes-trust.org.uk

0800 842 842

wave

Prince's Trust

Career Pathway into Construction: Free Construction Course

Development Awards: Funding to Train and Learn

Development Awards

Get funding to train and learn

Our Development Awards are cash grants to help you overcome a financial barrier to training, employment and education

They can help cover the costs of:
Accredited course fees up to Level 3 (A-level equivalent)
Tools, equipment or uniforms for a job or qualification
Job licence fees
Transport to a new job until your first pay slip

The typical amount to be awarded is £175-£250 but in expectional circumstances it can be up to £500

For more information:

0800 842 842
carmen.benavides@princes-trust.org.uk

Prince's Trust | START SOMETHING

The Family Centre Deaf Children – What's On

The Family Centre (Deaf Children) is a charity supporting children and their families who are living with a hearing loss in the Bristol and surrounding areas through a range of events, activities, and workshops.

Children's Scrapstore

Easter Sessions

Sessions at Children's Scrapstore:

Our Messy Play sessions are running over Easter, alongside a new exciting Miniature Worlds session.

SCRAPSTARS
Messy Play

Under 5's Messy Play
Tuesdays 10:15 - 11:30

Under 2's Messy Play
Wednesdays 10:15 - 11:30

Miniature World Sessions

Thursday 21st April 2022
10:15 - 11:30
13:00 - 14:30

£10 first child £8 each additional sibling
(No unaccompanied children)

Book now at: www.childrensscrapstore.co.uk/events

Super Saturday in St Werburghs!

Saturday 28th May 2022

Join us at any of our three locations for all sorts of **FREE** family activities and fun on Saturday 28th May 2022! Look out for our posters and on our social pages for more information.

Children's Scrapstore · St Werburghs City Farm · St Werburghs Community Centre

FREE Stay & Play creative Sessions:

Open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. **FREE Lunch will be provided.**

Oldbury Court Children's Centre, Frenchay Rd, Bristol BS16 2QS

Monday 11th April '22
Friday 22nd April '22
11am to 3pm

Beverston Gardens, Lawrence Weston, Bristol, BS11 0SB

Tuesday 12th April '22
Thursday 14th April '22
Tuesday 19th April '22
Thursday 21st April '22
11am to 3pm

Meadow Vale Park, Speedwell BS5 7RF

Wednesday 13th April 2022
11am to 3pm

Department for Education · EBCC East Bristol Children's Centres · Community Fund · Children's Scrapstore · Playful Bristol · Your Holiday HUB Bristol

Children's Scrapstore – Supporters Plus Card

Children's Scrapstore

SUPPORTERS PLUS CARD!

We've started a new scheme that gives non-members the ability to shop in our Warehouse for scrap!

Get your Supporters Plus card for £10 for a year, and you're entitled to 6 visits into the Warehouse for up to a basket of scrap for the usual donation of £6 for a full basket.

Find this card on our online shop - shop.childrensscrapstore.co.uk - or in store!

Charity No: 1008788 / childrensscrapstore.co.uk

Branch Community Church: Free Easter Holiday Lunch Club

branchcommunitychurch

Tuesday 12th | Wednesday 13th | Thursday 14th

A free kids lunch for anyone who would normally get free school meals.

Collection between 10am - 12noon each day from the Emmanual Chapel building on Satchfield Crescent in Henbury.

Email info@branchcomunity.church to book a lunch or for more information

Circus Fun – Free Kids Circus Play Day with Lunch

COME & PLAY...

Circus Fun!

Join Imayla and Circomedia for a FREE circus play day with LUNCH included.
Under 8's require adult supervision.

MONDAY 18TH APRIL 2022
10:30-14:30

Lawrence Weston Community Farm,
Saltmarsh Drive, BS11 0NJ

Priority given to families in receipt of FREE SCHOOL MEALS

BOOKING ESSENTIAL

Contact louisa.garvey@imayla.co.uk
or 07702511131

COMMUNITY FUND

PLAYFUL BRISTOL

IMAYLA

Off The Record – Mental Health and Networking for Young People

OTR is a mental health organisation and social movement by and for young people aged 11-25 living in Bristol, South Gloucestershire and North Somerset. We're not just a charity providing mental health services, we're a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people. OTR is free, confidential and self-referral – we give young people a choice and a voice.

What's On

Project Updates

Young Advisors Board

We're looking for 16-25 year olds to join our new Young Advisors Board, which will advocate the views of young people and help inform and guide organisational decisions through monthly meetings. Topics covered will expand into all areas of OTR, including sustainability, representation, accessibility and an initial strong focus on race and equalities. Young people do not need to have accessed our services before, and travel costs will be reimbursed.

Starts 26th April 6-7:30pm and continues on the last Tuesday of every month.

*Read more and sign up here: **otrbristol.org.uk/young-advisors-board***

Sailing

Sailing can be a great way to improve self-confidence and problem-solving skills, so we've partnered with All-Aboard Watersports to offer a coached sailing project for 16-25 year olds. Young people will be supported by All-Aboard's friendly and experienced instructors who will teach them the basics, develop their skills and tailor the activity to their ability.

Starts 28th April @ All-Aboard Watersports, Baltic Wharf, Cumberland Road, BS1 6XG

*Read more here: **otrbristol.org.uk/sailing***

Change The Record

OTR is really interested to hear what young people think of us – no matter how involved they've been with our services. We've created a survey designed to get feedback, good and bad, and shape OTR into a better service for young people, and we're looking for 11-25 year olds who have previously interacted with us to take part.

All young people who complete the survey will be invited to collect an OTR goody bag, and will also be entered into a prize draw to win one of ten Samsung Galaxy Tab As.

*Read more and access the survey here: **otrbristol.org.uk/2022/03/change-the-record***

Hubs

Our Hubs are safe and relaxed spaces young people can drop into for a chat – no appointment needed. They're a great place to meet our team, discover more about what we offer and learn about mental health and self-care. There will also be opportunities to get involved in creative activities, and lots of tea and biscuits on offer too!

Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH
Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW
Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

*You can read more about Hubs here: **otrbristol.org.uk/what-we-do/hubs***

Get In Touch

Check out our website to read more about our services and sign up: **otrbristol.org.uk**

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Friday 2-5pm**
Outside of these hours, you're welcome to leave us a voicemail and we'll get back to you – just make sure to give your name and number!

Send us an email at **hello@otrbristol.org.uk**

FREQUENTLY ASKED QUESTIONS!

WHAT IS YOUR WAIT FOR 1:1 THERAPIES?

Our waiting times change all the time and depend on whether you would like to access 1:1 remotely or face-to-face. Speak with our Membership Team for up-to-date information. Also bear in mind some days and times are more popular than others, so the more availability you have the sooner we'll be able to find you a slot.

GROUPS MAKE ME NERVOUS. WILL I HAVE TO TALK IN FRONT OF EVERYONE?

No! There is no pressure to talk if you don't want to, and you have complete control over whether to have your webcam or microphone turned on in online sessions too. Groups often have shorter waiting lists than 1:1, so it's worth thinking about giving one a try.

WHAT IF I'M NOT SURE WHAT TO CHOOSE?

There is loads of information about our projects on our website, and we often post about them on our social media too. If you're not sure which route is right for you, the Membership Team are here to help. You can give us a call on our Enquiry Line **(0808 808 9120 - open Monday-Friday 2-5pm)** or send us an email **(hello@otrbristol.org.uk)** and we'll be more than happy to chat about the different projects available and help you choose.

HOW DO I SIGN UP?

You can sign up to all of our projects over on our website by going to the page of the project you wish to access and pressing the 'Sign Up' button at the top. You'll then be given a short form to fill out and submit.

OTRBRISTOL.ORG.UK

WHAT HAPPENS AFTER I SIGN UP?

If you've signed up for 1:1 Therapies, we'll get you put onto the waiting list and will next be in touch when we have a slot available for you.

If you've signed up for Mind Aid or Shameless, you will be sent an invitation to join the next available course. This may be shortly after signing up, or it may be after a little while if the current course is full or new dates haven't been announced yet.

Finally, if you've signed up for anything else the lead of the project will get in touch with you (most likely via email) to give you a little more information and help you access the group. This will then give you the opportunity to ask any further questions and express any worries or concerns that you have.

CAN SOMEONE SIGN UP ON MY BEHALF?

At OTR, we want you to have a choice about the support you access (if any at all) and also want to make sure we have your consent to work with us. Ideally we want you to be totally in control and sign up yourself. However, we understand that sometimes you may want some help with doing this - whether that's from a parent or a professional.

We'd encourage parents and professionals to only sign a young person up if they have expressed that they want to work with us. We have very high drop-out rates and a young person is more likely to engage and benefit from our services if they have been in control of these decisions and the sign up process.

If you have signed up on behalf of a young person and have used your own email, we may give you a call just to double check that the young person has consented before processing your information.

WHAT ARE MY RIGHTS AT OTR?

At OTR, you have the right to:

Choice - you have the right to choose which support you would like to access, whether that's with us, another organisation or the choice not to access support at all.

Consent - accessing our support requires your consent. If you do not wish to work with us that is completely your choice and you won't be forced.

Confidentiality - what you talk to us about will not be shared outside of our organisation. The only exception to this is if we believe you or someone else may be at significant risk of harm. In this case, we would most likely need to tell someone but we wouldn't do this without talking to you about this first.

Complaints - finally, you have the right to complain if you aren't happy with something that has happened at OTR. You can do this by phone, email or by filling out the feedback form on our website: **otrbristol.org.uk/feedback**.

WHY DO YOU NOT OFFER 1:1 THERAPIES FOR 18-25?

Unfortunately we are not able to offer 1:1 Therapies for those over the age of 18 due to funding limitations. If we had the capacity to see anyone and everyone then of course we absolutely would. If you are over the age of 18 and would like 1:1 Therapies, you may want to have a look at the following organisations:

Vita Minds (vitahealthgroup.co.uk)
Help Counselling (help-counselling.org.uk)
Bristol Mind (bristolmind.org.uk)
Womankind (womankindbristol.org.uk)
Network Counselling (network.org.uk)

Kooth: Online Mental Wellbeing Community for Young People

Kooth.com is available to young people aged 11 – 18 in Bristol, providing 24/7 online for wellbeing support and advice from professionals as well as pre-moderated peer support.

Content on the KOOTH website this month includes:

What to do when the world feels unsafe // I'm coming out - I don't want the world to know

What's it really like to have to leave your home country? // Growing up with mixed heritage

Discussion Boards

Saturday 2nd April – Ramadan Mubarak

Ramadan starts today and we'd love to hear how you'll be marking this special month in the Muslim calendar.

Thursday 21st April – Our World and Our Wellbeing

To mark International Mother Earth Day, join our space and share the ways we can take care of our planet, whilst also looking after our own wellbeing.

KOOTH PODCASTS

The latest Kooth podcasts are on Spotify or Apple Podcasts,

Let's talk about: Marvel, Mental Health & Disability

Join in for a new Kooth podcast featuring a former Marvel writer! From the X-Men to Daredevil and the Fantastic Four, Anne is sharing her thoughts and tips on superheroes, disability representations and how to create your very own character.

What to do When the World Feels Unsafe

Whether it's something in the news or something closer to home, this podcast is full of tips and advice from the Kooth team.

Giving Racism the Red Card

We talk to Seth from Show Racism the Red Card about his work with the charity, experiences with racism and hopes for the future.

LIVE FORUMS IN APRIL

Live forums can be found in the discussion boards on the website and start at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm

Monday 4th April – Technology: Top Tips for "switching off"

Join our live forum to share your top tips for turning off your tech.

Friday 15th April – Let's talk about Autism

This weeks' live forum is all about autism. Come and share your stories and maybe learn something new about neurodiversity.

Wednesday 20th April – Exams, getting prepared

Ahead of exam season, come and share your thoughts, worries and tips about how to prep for those upcoming tests.

Monday 25th April - Coping with: Panic Attacks

Support for Children Impacted by a Parent's Drinking

Nacoa Helping everyone affected by a parent's drinking

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@nacoa.org.uk

Message Boards
nacoa.org.uk/messageboards

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

Nacoa The National Association for Children of Alcoholics

Nacoa 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.

Nacoa'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 Nacoa 90' to 88802 to donate via smartphone.

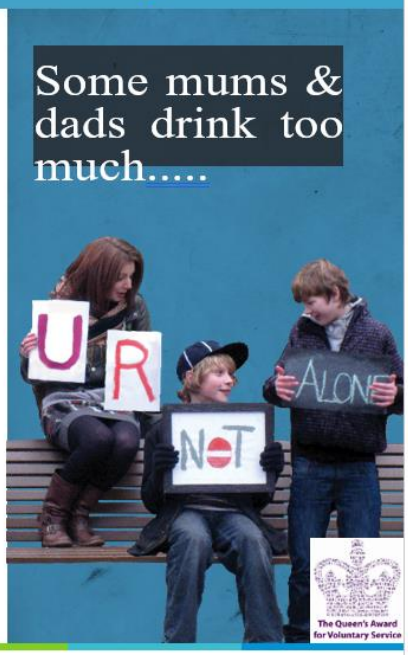
"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15

Patrons

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

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

Nacoa Helping everyone affected by a parent's drinking



nacoa.org.uk

Registered Charity No: 1009143
helpline@nacoa.org.uk

FREE Helpline 0800 358 34

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 Nacoa 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 Nacoa
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 Nacoa website.

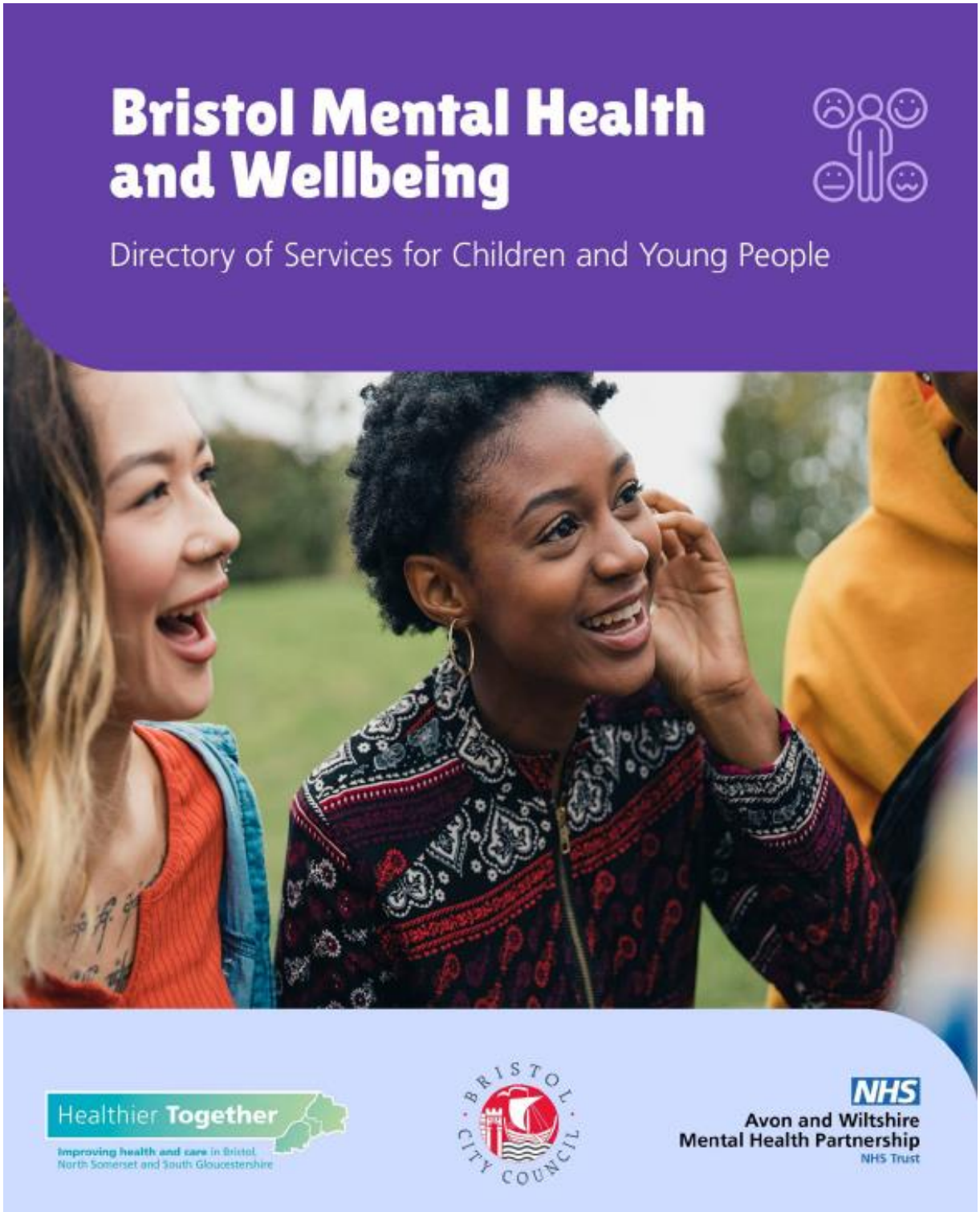
Visit our website Nacoa.org.uk for lots more information and support

0800 358 3456 nacoa.org.uk helpline@nacoa.org.uk

Bristol Mental Health & Wellbeing Directory

This directory provides a place for children and young people, their families and professionals to get quick, easy and direct access to up-to-date mental health and wellbeing information in Bristol, including: support and services available in Bristol; ideas for activities locally to help you look after your wellbeing; and self-help tools and information including online resources.

Download it here:
https://bnssgccg.nhs.uk/library/bristol-mental-health-and-wellbeing-directory-services-children-and-young-people/



FREE courses for SPRING '22 North Bristol

Bristol Community Learning continues to offer a range of **FREE** short courses to people living in Bristol and/or surrounding areas, aged 19 plus who have few or no formal qualifications and/or who face significant barriers to further learning and employment. Community Learning has some tablets/**laptops** to loan out to learners on our courses (plus Wi-Fi bundles) to help learners with limited **digital access**.

Brush Up Your English For Work

10 week course, 1-3pm on Mondays at Long Cross Children's Centre, starts with enrolment/assessment and information session on 25th April. Will suit learners at Entry level 3 and above. Contact Suzanne on 07887451776 or email **suzanne.gaffney@bristol.gov.uk**

Level 1 in Customer Service

Accredited course, details TBC. Contact Suzanne on 07887451776 or email **suzanne.gaffney@bristol.gov.uk**

Family Fun for Parents/Carers under 5s at Blaise House Museum

Join in the fun and learn how to get the most out of a visit to Blaise House Museum and Estate in Henbury. Fun family crafts and other activities each week. 4 week course from Wednesday 15th June, 10-11.30/12 TBC. Contact Suzanne on 07887451776 or email **suzanne.gaffney@bristol.gov.uk**

Intro to Admin Skills

Improve your admin and IT skills, gain confidence with this 6 week course. Starts Tuesday 3rd May, 1 to 3pm, at The Vetch, Romney Avenue, Lockleaze, BS7 9TB. Contact Richard on 07788353420 **richard.davies@bristol.gov.uk**

ESOL Conversation Clubs and course for more info check our website for online & face to face clubs **www.esolcc.org** or visit Learn English in Bristol website: **www.LEB.community** e.g. **ESOL Conversation Clubs** during school terms at Horfield Job Centre, Fridays, 1-2pm, and at Shire Employment Hub/Shirehampton Methodist Church on Thursdays, 10-11am.

COMING SOON – 01172 510230, **www.communitylearningwest.net**

- Emergency First Aid at Work,
- ESOL,
- Intro to Digital Skills and more…

Information and services for parents / carers

Bristol Libraries opening hours

Bristol Libraries – temporary opening hours

From 31 Aug 2021

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	Currently closed						
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	Currently closed						
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
Marksbury Rd	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-5	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

For further details of available services, please visit www.bristol.gov.uk/libraries

Spaces Available for September at Filton Avenue Nursery School

Filton Avenue Nursery School

Working together with parents and children to ensure a brighter today.

Ofsted Outstanding 2020

Are you looking for a nursery place for your child?

This is an aspirational place built on love, courage and respect together we are the heart of the community. Please come and take a look and see what a great place this is.

***"This is a lovely place for children to start their school experience."* Ofsted Jan 2020.**

- Meet the team
- Places for 3 & 4 year olds
- Limited places for 2 year olds
- Open Term time only from 8am-5pm
- Morning, Afternoon, 2 day and 30 hours per week places - with additional paid childcare if required

Please and share our facebook page

Filton Avenue Nursery School and Children's Centre

For further information contact: Filton Avenue Nursery School & Children's Centre, Blakeney Road, Horfield, Bristol BS7 0DL - 0117 377 2680 - www.filtonavenue.org - filtonavenuen@bristol-schools.uk

nbcc north bristol children's centres

Local Groups & Support

northbristolcc

SCAN ME

FIND OUT MORE ABOUT OUR FREE GROUPS & SERVICES

Scan to view our online Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Filton Avenue	**ESOL** (Booking Required) 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 A group for Childminders to share good practice and ideas.	**Stay & Play** 9:30am– 11am Drop-in for fun family activities and more. Aimed at ages 0-5.	**Under 5's Hub** (Booking Required) 10am– 12pm Appointment only. Please contact your local health visiting team to book. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278	
	Early Birds 1pm– 2:30pm Join us If your baby was born prematurely or spent time in special care after birth. nbcc@bristol-schools.uk	**Under 5's Hub** 10am– 12pm Drop-in Group! Contact your local health visiting team if you would like more info. Tel: 0300 125 6278	Location: Horfield Baptist Church Brynland Avenue Bishopston	**Breastfeeding Cafe** **Honey Suckle** 9:30am– 11am A supportive session to help you and your baby get the most out of breastfeeding. nbcc@bristol-schools.uk	
Upper Horfield	**Sensory Baby** 10am– 11am Support your baby's language development, bond and have fun helping them understand the world around them. nbcc@bristol-schools.uk				
Stoke Park /Lockleaze	Please contact us for more information nbcc@bristol-schools.uk	**Stay & Play** 10am– 11:30am Drop-in for activities and play at The Hub, Gainsborough Square, BS7 9FB. Aimed at ages 0-5.			
Southmead	**Young Parents** 10am– 11:30am Meet other young parents in your area. A safe space to get support & advice.	**ESOL** (Booking Required) 9:30am– 11:30am Introduction course for people wanting to improve their English. richard.davies@bristol.gov.uk Creche Available.	**Stay & Play** 1pm– 2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.	**Under 5's Hub** (Booking Required) 9am– 11am Appointment only. Please contact your local health visiting team to book a spot. Tel: 0300 125 6278	**5 To Thrive** (Booking Required) AM A 6-week course for parents/carers and under 1's. Focusing on attachment, play and baby brain development. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk
	Rockabye (Booking Required) 1pm– 2:30pm Have you recently had a baby? Are you feeling anxious or depressed? We offer a space to share experiences and connect with your baby. nbcc@bristol-schools.uk or please contact your health visitor	**Childminders** 9:15am– 11:15am A group for Childminders to share good practice and ideas. **Breastfeeding** 11:30am– 1pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.		**Food Club** 10am-11:00am Weekly low cost food club. Food clubs provide good-quality food at a low cost, while also reducing food waste. To find out more email bristolfoodclubs@family-action.org.uk	Please contact us for more information nbcc@bristol-schools.uk
Long Cross	**Maths for Adults** (Booking Required) 9:30am-11:30am Community Learning Improve your maths skills for home, work or volunteering. Contact: suzanne.gaffney@bristol.gov.uk	**Under 5's Hub** (Booking Required) 9:30am– 12:30pm Appointment only. Please contact your local health visiting team to book. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278		**Stay & Play** 9am– 10:30am Drop-in for activities and play. Aimed at ages 0-5. **Breastfeeding** 12:30pm– 2pm A supportive session to help you and your baby get the most out of breastfeeding.	
Sea Mills			**Under 5's Hub** (Booking Required) 9am– 12pm Appointment only. Please contact your local health visiting team to book a spot. Tel: 0300 125 6278	**Baby Group** 10am– 11:30am Join us for a friendly group with a focus on early reading.	
Avonmouth	**Rainbow Group** (Booking Required) Supporting families with children who have additional needs, in a safe environment. Contact Helen on 07825 315732. Booking required. Limited spaces.		**Stay & Play** 10am– 11:30am Drop-in for activities and play. Aimed at ages 0-5. **ESOL** (Booking Required) 9:45am-11:45am For people wanting to improve their English. Contact: suzanne.gaffney@bristol.gov.uk	**Childminders** 9:45am– 11:15am A group for Childminders to share good practice and ideas.	
Shirehampton					**Stay & Play** 9:30am– 11am Drop in to Shirehampton Public Hall for lots of activities and fun! Station Rd, BS11 9TX.

If you would like more information about our specialists groups running after Easter including Baby Massage, Freedom or Hope to Recovery please contact us

Email: nbcc@bristol-schools.uk

Please get in touch to find out more!

www.northbristolcc.org.uk

Kids Matter – Free Parenting Group in Southmead

WANT THE BEST FOR YOUR CHILD?

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

During the 6 weeks, we cover the following:

Taster – Come and see what it's like to be a Kids Mattergroup
Session 1 – Being a strong family
Session 2 – Loving our children well
Session 3 – Play, encouragement and listening
Session 4 – Routines, choices and rewards
Session 5 – Family rules and consequences
Session 6 – The bigger picture
Booster – Checking in 3 months later

Every session will have tea & cake and a free crèche.

KIDS MATTER

Kids Matter is running for parents and carers in Southmead – contact Trenna Blundell (07446 375698) or Joanna Bacon (07812 207185) to chat some more. Enquiries from parents, school or health staff very welcome.

Hope to see you soon!

Registered charity in England & Wales 1163617

Support for Parents of Children with Autism: Free Workshops

FREE Workshops

Is your child on the Autism Assessment Waiting List?

This exciting project is aimed at parents and carers who are on the waiting list for an Autism assessment for their child. We know that in some areas this can be a long process.

For the first time Bristol, North Somerset and South Gloucestershire (BNSSG) Parent Carer forums have teamed together and are delivering specific workshops to provide information, support and practical guidance.

A combination of professional expertise, knowledge and the lived experience of parenting a SEND child is at the basis of each workshop. Attending our workshops will give you the benefit of years of professional training and expertise. We will be running both on-line and face-to-face workshops. Our face-to-face workshops will focus on four themes, turn over for a summary, and our on-line sessions will cover a variety of themes based on feedback we receive from families.

Please sign up to your local Parent Carer Forum to be the first to get dates and locations for our workshops and on-line sessions.

Bristol Parent Carers
E: info@bristolparentcarers.org.uk
T: 07306 650 222
W: www.bristolparentcarers.org.uk

North Somerset Parent Carers Working Together
E: admin@nspcwt.org
T: 01934 440 844
W: www.nspcwt.org

South Glos Parent Carers
E: training@sglospc.org.uk
T: 07916 275 440
W: www.sglospc.org.uk

Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS

NHS

Support for Parents of Children with Autism: Free Workshops

Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.

An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.

An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.

An Introduction to Understanding and Supporting Sensory Differences

This workshop provides and introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.

An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.

NHS

Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS

Free Monthly SEND Parent Support Session

FREE monthly online SEND - Parents Support Session: with Social Prescribing and SEND and YOU (SAY) (online group, first Wednesday of the month 11am-12pm).

This online group is a collaboration between Southmead Development Trust's Social Prescribing team, North Bristol GP practices and SAY. Parents can come along to this online session where they will be able to access information, advice, support and signposting to help. They will find out about what the SENDIAS service is and how you can use it. They can have any questions answered and meet other parents and carers in a similar situation to yourself. Anyone registered with a North and West Bristol GP practice can sign up here - https://southmead.org/wellbeing/social-prescribing and they will then be invited along.

SENDANDYOU – Empowering Children & Young People living with SEND

All of our SENDIAS staff are independently trained to provide children, young people and their parents with accurate, useful, relevant information and advice about special educational needs/disabilities. They'll use their knowledge and experience to support you in making decisions about educational issues and concerns.

SEND and You runs face-to-face support groups and virtual events, see calendar below! For more information about the different events please click here:

https://www.sendandyou.org.uk/support-groups-workshops/workshops/

SEND and You professionals are also available to help by phone or email:

Phone our Information, Advice & Support (IAS) line – 0117 9897725

The (IAS) line is open from 9.30am – 4.30pm, Monday to Friday. If the line is busy you can leave a message on our answer phone, which is also available outside of hours.

Or contact us by email on support@sendandyou.org.uk

Using our form will make sure we have the basic information we need to help you. If it's a straightforward or urgent query we will aim to respond during our next helpline session. We aim to respond to all enquiries within two working sessions. Let us know if you need to speak to us urgently.

Ups and Downs Youth Club & Community Picnic

Ups and Downs southwest

Down Syndrome Support
Children • Parents • Professionals

Bristol Youth Club

THE PARK CENTRE
DAVENTRY ROAD
KNOWLE
BRISTOL
BS4 1DQ

2nd and 4th Wednesday of each month

£5 per session - First session free!!

email : Bristol.admin@upsanddowns.net
for a registration form

6.30PM - 7.30PM

AGES 10 - 25 YEARS

Come and Join us for our Community Family Picnic

Bring a Picnic

If you would like to take part
Please email
Bristol.admin@upsanddowns.net

Tea ,Coffee and soft drinks provided

Redcatch Community Centre
Redcatch Road,
Broadwalk, Knowle,
Bristol BS4 2RD

Thursday 21st April
11am - 1pm

Ups and Downs southwest

Down Syndrome Support
Children • Parents • Professionals

Employment Support for Parent Carers

West of England **Works**

Employment support for Parent Carers

Are you looking for term time only opportunities? Do you care for a child with additional needs? Would you like to find flexible training or employment?

Carers Support Centre can offer you one-to-one tailored support to help identify your needs and create a supportive action plan that will help you reach your goals.

Some of the support available:

- Creating or updating your CV
- Job application support
- Signposting to local training courses
- Support to find flexible job vacancies
- Interview preparation
- Signposting to other relevant services

"Carers Support Centre really got my situation of being a parent carer but also that I'm a person with ambitions and goals which need to be fulfilled. They gave me the confidence to realise that just because I need part time hours, it doesn't mean I don't have valuable skills and talents to offer any employer!"

Find out more

If you are aged 16+, unemployed and live in South Glos, Bristol, BANES or North Somerset we could help you. To find out more or to make a referral please contact us on: employment@carerssupportcentre.org.uk

If you care, we care. Carers Support Centre Bristol & South Gloucestershire

COMMUNITY FUND

European Union

Working in Early Years and Play

Registered childminders provide professional childcare
and education through play, in a caring, home environment.

Become a registered childminder - bristol.gov.uk

North Bristol Advice Centre

Welfare Rights and Money Advice Service

Welfare Benefits Tips March 2022

Hello to you.

Welfare Benefits Rates

Below is a link to the .gov.uk pages that set out **all welfare benefits rates**.
This can be really helpful to check that you're receiving all the benefits you're entitled to:

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 removal of the £20/week 'covid uplift' 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

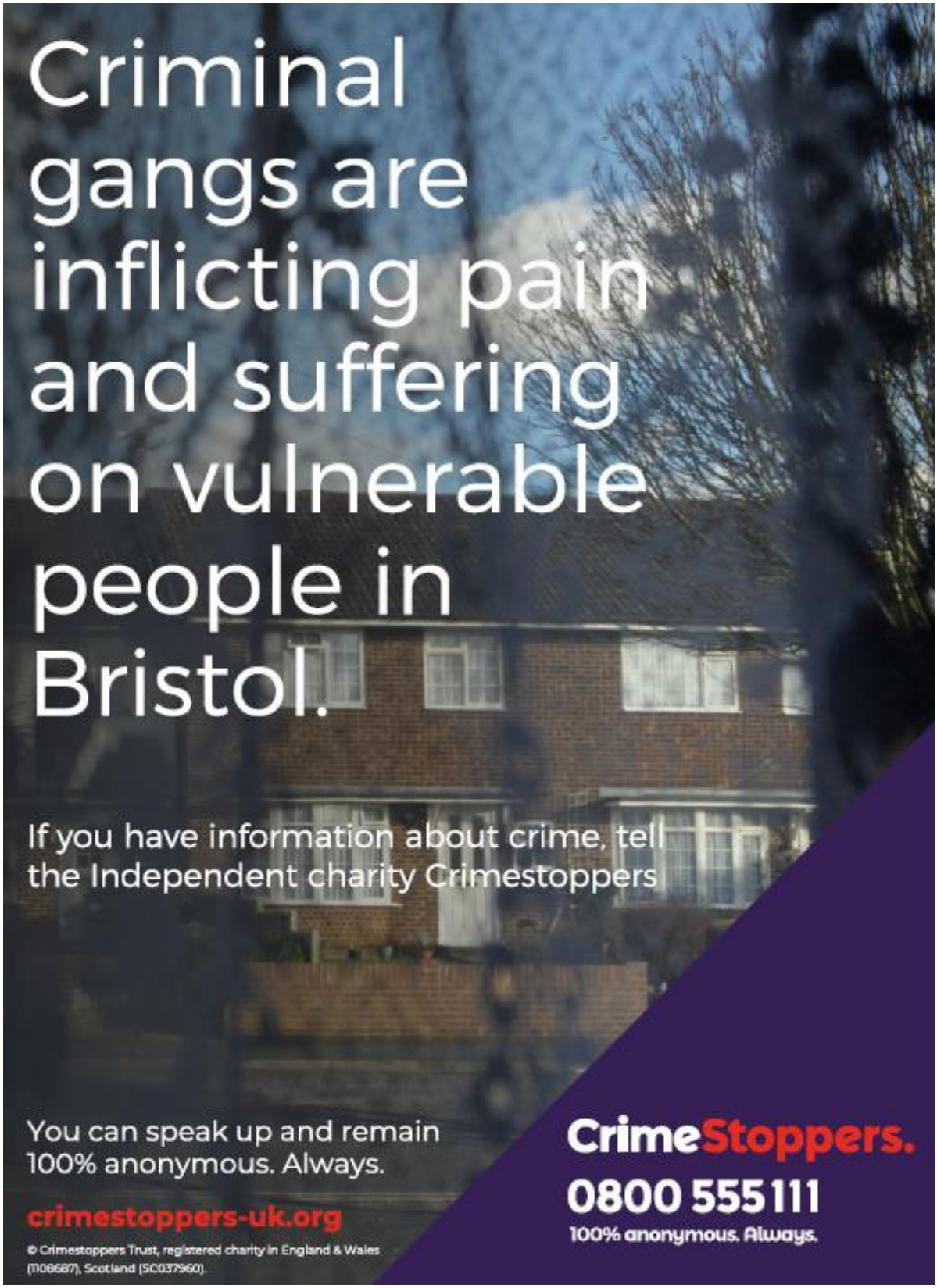
Monday, Tuesday, Thursday, Friday: 8.30 am – 1.00 pm (Wednesday closed all day)

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

Crimestoppers: Speak Up to Protect Vulnerable People



Speak up to stop gangs from targeting vulnerable people in Bristol.

Have you heard of 'cuckooing' before?

It's when drug gangs use violence and abuse to take over the homes of vulnerable people to use as a base for drug dealing, and it's happening in Bristol.

If you have any suspicions or information about 'cuckooing' you can tell our charity what you know, 100% anonymously. Always.

Victims of 'cuckooing' are often drug users but can include older people, those suffering from mental or physical health problems, female sex workers, single mums and those living in poverty. Once they gain control, gangs move in with the risk of domestic abuse, sexual exploitation and violence. Children as well as adults are used as drug runners. Some vulnerable adults may be forced to leave their homes, making themselves homeless and leaving the gangs free to sell drugs in their absence.

Signs that 'cuckooing' may be going on at a property include:

An increase in people entering and leaving
An increase in cars or bikes outside
Increase in anti-social behaviour
Increasing litter outside
Signs of drugs use
Lack of healthcare visitors

You can speak up and remain 100% anonymous. Always.
crimestoppers-uk.org

CrimeStoppers.
0800 555 111
100% anonymous. Always.

أَوْصِلْ صوتك لمنع العصابات من استهداف المستضعفين في بريستول.
هل سبق أن سمعت عن مصطلح «cuckooing» وهو استغلال منازل المستضعفين لتخزين المخدرات؟

يحدث هذا عندما تستخدم عصابات المخدرات العنف والإيذاء الجسدي للسيطرة على منازل الأشخاص المستضعفين لاستخدامها بمثابة قاعدة لتجارة المخدرات، وهذا هو الوضع في بريستول.

إذا كانت لديك أي شكوك أو معلومات حول "استغلال منازل المستضعفين لتخزين المخدرات" يمكنك إخبار مؤسستنا الخيرية بما تعرفه، مع الإخفاء التام لهويتك. دائمًا.

غالبًا ما يكون ضحايا "استغلال منازل المستضعفين لتخزين المخدرات" من المتعاطين للمخدرات، لكن من الممكن كذلك أن يكونوا من كبار السن ومن الأشخاص الذين يعانون من مشاكل نفسية أو جسدية والعاملات بالجنس والأمهات العازبات والفقراء. وبمجرد أن تتمكن العصابات من السيطرة فإنها تصبح مصدر خطر لوقوع العنف الأسري والاستغلال الجنسي والعنف. ويُستغل الأطفال وكذلك البالغين في تهريب المخدرات. وقد يُجبَر بعض البالغين المستضعفين على مغادرة منازلهم، مما يجعلهم بلا مأوى ويتركون للعصابات الحرية التامة في بيع المخدرات في غيابهم.

تشمل العلامات التي تشير إلى وقوع «استغلال منازل المستضعفين لتخزين المخدرات» في أحد العقارات ما يلي:

زيادة وتيرة دخول بعض الأشخاص العقار وخروجهم منه
زيادة عدد السيارات أو الدراجات المتوقفة في الخارج
زيادة السلوك العدائي ضد المجتمع
زيادة كمية القمامة الموجودة في الخارج
علامات على تعاطي المخدرات
انعدام زائري تقديم الرعاية الصحية

You can speak up and remain 100% anonymous. Always
crimestoppers-uk.org

CrimeStoppers.
0800 555 111
100% anonymous. Always.

Zabierz głos, aby powstrzymać gangi przed atakami na bezbronnych ludzi w Bristolu.

Czy słyszałeś wcześniej o "kukułkach"?

Dzieje się tak, gdy gangi narkotykowe używają przemocy i nadużyć, aby przejąć domy bezbronnych ludzi i wykorzystać je jako bazę do handlu narkotykami, a to właśnie dzieje się w Bristolu.

Jeśli masz jakiekolwiek podejrzenia lub informacje o „kukułkach", możesz powiadomić o tym naszą organizację charytatywną – w 100% anonimowo. Zawsze.

Ofiarami „kukułek" są często osoby zażywające narkotyki, ale mogą to być również osoby starsze, cierpiące na problemy ze zdrowiem psychicznym lub fizycznym, kobiety świadczące usługi seksualne, samotne matki i osoby żyjące w ubóstwie. Po przejęciu kontroli gangi wprowadzają się do domów, co wiąże się z ryzykiem przemocy domowej oraz wykorzystywania seksualnego. Dzieci i dorośli są wykorzystywani do przerzucania narkotyków. Niektórzy bezbronni dorośli mogą zostać zmuszeni do opuszczenia swoich domów, stając się bezdomnymi i pozostawiając gangom swobodę sprzedaży narkotyków pod ich nieobecność.

Oznaki świadczące o tym, że w danej nieruchomości może działać „kukułka" to m.in.:

Wzrost liczby osób wchodzących i wychodzących
Zwiększona liczba samochodów i motocykli na zewnątrz
Wzrost zachowań antyspołecznych
Wzrost zaśmiecenia okolicy
Oznaki zażywania narkotyków
Brak osób z opieki zdrowotnej

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crimestoppers-uk.org

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Cod dheer ku hadal si burcadda looga hor istaago in ay bartilmaameedsadaan dadka nugul ee ku nool Bristol.Horay ma u maqashay 'cuckooing'?

Waa marka burcadda maandooriyaha isticmaashaa ay isticmaalaan qalalaaso iyo xadgudub si ay u qabsadaan guryaha dadka nugul si ay ugu isticmaalaan xarun ay u isticmaalaan ka ganacsiga maandooriyaha, waxayna ka socotaa gudaha Bristol.

Haddii aad qabto wax shaki ah ama macluumaad ku saabsan 'cuckooing' waxaad u sheegi kartaa samafaleyaasheena, taasoo 100% qarsoodi ah. Had iyo jeer.

Dhibbaneyaasha 'cuckooing' inta badan waa dadka isticmaala maandooriyaha laakiin waxaa kamid noqon kara dadka waaweyn, kuwa qaba dhibaatooyinka caafimaad ee dhanka maskaxda ama jirka ah, dumarka jirkooda ka ganacsada, hooyooyinka garoobada ah iyo kuwa la nool faqriga. Marka ay awood u yeeshaan, burcaddu waxay soo galayaan gudaha ayaka oo wata khatarta xadgudubka qoyska ka dhex dhaca, xadgudub galmo iyo fadqalalo. Caruurta iyo sidoo kale dadka waaweynba waxaa loo isticmaalayaa in ay ka shaqeeyaan maandooriyaha. Qaar kamid ah dadka waaweyn ee nugul ayaa ay dhici kartaa in lagu khasbo in ay guryahooda ka tagaan, taasoo ka dhigaysa kuwo hoy la'aan ah waxayna burcadda fursad u siinaysaa in ay maandooriyaha ku iibsadaan inta ay maqan yihiin.
Astaamaha lagu garan karo in 'cuckooing' ay ka socoto dhisme waxaa kamid ah:
Kororka dadka soo galaya iyo kuwa ka baxaya
Kororka gawaarida ama baasakiilada yaalla banaanka
Kororka dhaqamada aan bulshada ku wanaagsanayn
Kororka qashina banaanka yaalla
Astaamo muujinaya isticmaalka maandooriyaha
La'aanta bookhashooyinka daryelka caafimaadka

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