

**Families in
Focus**



**Children &
Families
PARTNERSHIP**

July 2022 Families in Focus Bulletin - Part 1

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

Hello and welcome to the July 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.

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Information and services for children and young people

Your Holiday Hub: Activities for Children and Young People

Your Holiday Hub is aimed at ensuring that all children in Bristol have equal access to fun, enriching and healthy activities over the school holidays.

Visit the website to see what's on:

<https://www.yourholidayhubbristol.co.uk/>



Welcome to Your Holiday Hub (YHH) Bristol!

At YHH you can explore a mix of FREE and paid for school holiday clubs and activities across Bristol, for children and young people aged 4-16. Bristol belongs to its children, and this is their holiday hub! To find a club or activity to suit your family search by:



Date



Location



Activity



Activities

Whether it's sport, art, cooking, or drama, there are hundreds of fun activities and holiday clubs based in Bristol, to help keep your children and young people busy over the school holiday periods and more.

[Search Activities](#)



Holiday Activities and Food (HAF)

Is your child aged 4-16 and eligible for free school meals (FSM)? If so, check out the free, YHH activities happening in your area.

[Search Clubs](#)



About Your Holiday Hub (YHH)

YHH has been created to make it easier for all children and young people to stay active and have fun over the school holidays.

[Find out more about YHH](#)

Kids Eat Free (or for £1) over 2022 Summer Holidays

<https://moneysavingcentral.co.uk/kids-eat-free>

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022



COURTESY OF MONEY SAVING CENTRAL



ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

YO! SUSHI

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

MARKS & SPENCER CAFE

Likely But Not Yet Announced

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto

FARMHOUSE INNS

Likely But Not Yet Announced

Copyright of MONEY SAVING CENTRAL

Help to Access the Council Tax £150 Energy Rebate



The £150 council tax rebate is available to households living in properties in council tax bands A to D.

If you haven't received your rebate yet fill out the online form here: www.bristol.gov.uk/council-tax/council-tax-rebate

If the form states you're not eligible but you meet the criteria on our website, or if your bank details are not accepted, you'll need to call our Citizen Service Centre on 0117 922 2900 who will be happy to help you.

Supporting Citizens with claiming the Council Tax Energy Rebate

- You may be eligible for £150.00 energy rebate if:
 - You are liable for Council Tax at an address valued in council tax bands A to D. (This includes property that is valued in band E but has an alternative valuation band of band D, as a result of the disabled band reduction scheme). This could be you even if you don't pay Council Tax! **AND**
 - You occupied the address on 01/04/2022
- You should apply for the rebate here £150 council tax rebate - bristol.gov.uk
- When you are applying you will need:
 - Your Council Tax Account number (please enter as presented on your bill, do not include any hyphens or spaces)
 - Details of a bank account you would like the amount paid into (alternatively you can opt for the rebate to be deducted from your Council Tax Account).
- If you are unable to complete the online form, please call Bristol City Council **0117 922 2900** and the form can be completed for you.
- If you fall outside of the criteria (for instance if you occupy an address, but another party is liable for the Council Tax) then you may qualify the discretionary fund, this is being finalised and further information, including the full eligibility criteria and exclusions, will be provided on The Bristol City Council website as soon as possible.

Prince's Trust: Get Started in Mindset and Mindfulness



GET STARTED IN

16-30?

MINDSET AND MINDFULNESS

This **FREE** online 1 week programme will help you to:

DEVELOP A MINDSET FOR HAPPINESS, FULFILMENT, & SUCCESS

- Develop your confidence and goal setting
- Identify and begin to dissolve self-limiting beliefs
 - Create & refine a growth mindset
 - Body language skills and more

LEARN MINDFULNESS AND MEDITATION TECHNIQUES

- To help deal with anxiety and stress
- Develop a calmer mind and greater mental clarity

Taster Day: Wednesday 27th July 11am - 1pm
Programme: Monday 1st - Friday 5th August 10am - 3pm
Where: MS Teams

Funded by the West of England Combined Authority

Interested?

amber.daly@princes-trust.org.uk

0800 842 842



Prince's Trust

Prince's Trust: Explore – Free Personal Development Course

EXPLORE

16-30?

Personal Development course

This **FREE 3 week** course will help you:

- Boost confidence and improve teamwork skills.
- Identify and set your own goals with **1:1 support**.
- Support **employability** and independent living skills.
- Take part in group activities that are creative, outdoors and hands on.
- **Get motivated!**

DATES FOR YOUR DIARY:

- Last day to apply: 27th July
- Taster Day: Wednesday 3rd August
- Course Starts: Tuesday 9th August

Interested?



0800 842 842



sam.walton@princes-trust.org.uk



Prince's Trust

Prince's Trust: Get Started with Horses



This **FREE** course will help you to:

- Develop your animal handling experience
 - Build confidence and resilience
 - Gain practical horse care skills
- Develop team building and communication skills
 - Focus on Well-being and self-care

With 1-1 support post-programme for up to 6 sessions

Taster Day: Wednesday 17th August 11am - 1pm

Programme: Monday 22nd - Friday 26th August 10am - 3pm

Next Steps Day: 31st August 10am - 3pm

Interested?

Rosie.kinnear@princes-trust.org.uk

0800 842 842



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.



The Family Centre Deaf Children May - August 2022 what's on.....

| | | |
|---|---|--|
| Friday 27th May Bowling & Nandos Cribbs Causeway For our year 7 plus members 6.30-9pm | Wednesday 1st June Queens Platinum Jubilee Afternoon Tea Party Elmfield School 11.30-1.30pm | Thursday 9th June Boing! Lockleaze Gainsborough Square Soft Play for babies, preschoolers & their parent/carers 9.30-11am |
| Saturday 16th July The Square Food Foundation Ages 6 plus 2-4.30pm | Saturday 13th August Bristol Family Cycling Centre 11.30-12.30pm | Our Summer program of events is being put together. Check our website and Facebook for up to date information. |

More dates to be added.

To book visit:
www.fcfdc.org.uk/events

Enquires: admin@fcfdc.org.uk

Charity number: 1062339



Unique Voice Summer Holiday Programmes



WE HAVE BEEN FUNDED TO DELIVER...

Your child has been selected by their school to take part in a free Unique Voice Summer Holiday Programme. Sessions will be running for 5 weeks over the Summer Holidays. We are currently offering one week per child.

Once we have received your contact information from your school/agency we will be in touch to organise programme registration.

Your child will be taking part in performing arts activities, games, creative activities and art. All activities designed to increase confidence, social skills and play!

Children are provided with free lunches and snacks.

Indoor and outdoor play in all sessions.

Run by highly skilled, DBS checked and first aid trained Unique Voice facilitators.

Available to children selected by your school or agency aged 5 - 11 years old.

Unfortunately at this time, we are unable to support children who require 1:1 support at our

This provision has been supported by funding from Bristol City Council and South Gloucestershire Council

Where & When?

Filton Avenue Primary School, Lockleaze Rd, BS7 9RP

May Park Primary School, Coombe Rd, Eastville, BS5 6LE

Fair Furlong Primary School, Vowell Cl, BS13 9HS

Barley Close Primary School, Barley Cl, Mangotsfield, BS16 9DL

Coniston Primary School, 5 Epney Cl, Patchway, BS34 5LN

Mon 25th - Fri 29th July

Mon 1st - Fri 5th Aug

Mon 8th - Fri 12th Aug

Mon 15th - Fri 19th Aug

Mon 22nd - Fri 26th Aug - *(No programmes in Coniston and Barley Close this week)*

10.00 - 2.00pm Daily

Boing! Soft Play Centre Weekly Timetable

For all 0-5s and their families...everywhere.
#morethansoftplay



Term 5 & 6 2022

Boing! Softplay Family Centre, The Hub, Gainsborough Square, Lockleaze BS7 9FB

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 9-11 | <i>Boing! Tiddlers</i> 9-10.30am | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café |
| 11.30-1.30 | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café |
| 2-4 | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | <i>Boing! Community Play</i> Café | Learn & Grow | <i>Boing! Community Play</i> Café |

Book and pay for any session online at:
www.boingsoftplay.com/whatson

All sessions (excluding Tiddlers) cost £3 booking & £1 per person upon arrival. Tiddlers costs £3 to book no entry fee

Boing! Parties
Softplay Family Centre

WEEKEND PARTIES EXCLUSIVE USE PARTIES: SATURDAYS & SUNDAYS 9-11.45, 12.15-3 AND 3.30-6.15: £130

MIDWEEK PARTIES BOING! IS ALSO AVAILABLE TO HIRE FOR PRIVATE BOOKINGS AFTER 4.30PM DURING THE WEEK: £99

GROUP DESCRIPTIONS

Tiddlers. A traditional toddler group for babies & children under 3 with access to the softplay and craft activities. The group will end with songs and a story. The café will be open serving our full delicious menu. (£3 per family).

Boing! Community Play Café: 2 hour session on the softplay suitable for all children age 0-5 with full access to toys and our home corner. Our café will be open serving our full delicious menu.

Learn and Grow. A group for pre-school aged children 3-5 years old. Softplay and home corner available with some more structured activities available including crafts with a early learning focus. Our café will be open serving our full menu.

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



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

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

Off The Record: FAQs

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

Off the Record: Frequently Asked Questions

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)

Support for Children Impacted 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@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 Coldwell • Geraldine James OBE • Charlie 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

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

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/>

Bristol Mental Health and Wellbeing



Directory of Services for Children and Young People



Information and services for parents / carers

Bristol Libraries: Opening Hours

Bristol Libraries – opening hours

From 14 Mar 2022

| | | 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 | 10-2 | 1-5 | 10-2 | CLOSED | 1-5 | 10-2 | 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 | 1-5 | CLOSED | 10-2 | 1-5 | 1-5 | CLOSED | 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 Road | 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

Bristol Libraries: Baby Bounce and Rhyme



Baby Bounce and Rhyme



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

| Library | Day (Term time only) | Time |
|---|---------------------------------|-------------------------------|
| Bedminster 0117 9038529 | Wednesday Friday | 10.30am & 2.00pm 11am |
| Bishopsworth 0117 9038566 All year round! | Wednesday Friday | 2.00pm 10.30am |
| Bishopston 0117 3576220 | Wednesday | 11.30am |
| Central 0117 9037215 All year round! | Wednesday Friday Saturday | 10.45am 10.45am 10.45am |
| Clifton 0117 9038572 | Monday Friday | 10.30am 10.30am |
| Filwood 0117 9038581 | Wednesday | 11.30am |
| Fishponds 0117 9038560 | Tuesday | 2.15pm |
| Hartcliffe 0117 9038568 | Monday | 2.15pm |
| Henbury 0117 9038522 | Monday | 11.30am |
| Henleaze 0117 9038541 | Thursday | 2.00pm |
| Hillfields 0117 9038576 | Wednesday | 2.15pm |
| Horfield 0117 9038538 | Monday Thursday | 11.30am 10.30am |
| Junction 3 0117 9223001 | Monday | 2.15pm |

| Library | Day (Term time only) | Time |
|---|------------------------|--------------------|
| Knowle 0117 9038585 | Tuesday Thursday | 11.30am 11.30am |
| Marksbury Road 0117 9038574 All year round! | Thursday | 2pm |
| Redland 0117 9038549 | Wednesday | 11.30am |
| Sea Mills 0117 9038555 | Tuesday | 10.45am |
| Shirehampton 0117 9038570 | Thursday | 11.00am |
| Southmead 0117 9038583 | Tuesday | 11.30am |
| St George 0117 9038523 | Tuesday | 11.00am |
| St Paul's 0117 9145489 | Tuesday | 2.30pm |
| Stockwood 0117 9038546 | Friday | 10.30am |
| Westbury 0117 9038552 | Wednesday | 11.15am |
| Whitchurch 0117 9031185 | Wednesday | 2.15pm |
| Wick Road 0117 9038557 | Wednesday Wednesday | 10.30am 2.00pm |



Bristol Libraries: Storytime Sessions



Storytime Sessions

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

| Library | Day (Term time only) | Time | Library | Day (Term time only) | Time |
|--|----------------------|-------------------|--|----------------------|---------|
| Bedminster 9038529 | Saturday | 11am | Junction 3 9223001 | Monday | 2.45pm |
| Bishopston 0117 3576220 | Saturday | 11.30am | Knowle 9038585 | Friday | 11.30am |
| Bishopsworth 9038566 All year round! | Wednesday Friday | 2.00pm 10.30am | Marksbury Road 9038574 All year round! | Tuesday | 10.30am |
| Central 9037215 All year round! | Monday | 2.30pm | Redland 9038549 | Friday | 2.30pm |
| Clifton 9038572 | Tuesday | 2.30pm | Sea Mills 9038555 | Tuesday | 10.45am |
| Filwood 9038581 | Friday | 11.30am | Shirehampton 9038570 | Thursday | 11.00am |
| Fishponds 903560 | Tuesday | 2.15pm | Southmead | Wednesday | 11.30am |
| Hartcliffe 9038568 | Thursday | 2.15pm | St George 9038523 | Thursday | 10.15am |
| Henbury | Wednesday | 11.30am | Stockwood 9038546 | Tuesday | 2.15pm |
| Henleaze 9038541 | Thursday | 11.15am | Westbury 9038552 | Friday | 11.15am |
| Hillfields 9038576 | Wednesday | 2.15pm | Whitchurch 9031185 | Friday | 2.15pm |
| Horfield 9038538 | Tuesday | 11.30am | Wick Road 9038557 | Friday | 10.30am |



Summer Reading Challenge: Gadgeteers

Summer Reading Challenge 2022

GADGETEERS

**Presented by The Reading Agency.
Delivered in partnership with libraries.**

Get ready for Gadgeteers, arriving in Libraries Saturday 9 July and online this summer!

We're teaming up with the Science Museum Group for a very special science-themed Challenge, to show children that science is all around us every day and inspire them to unleash their curiosity and creativity!

The Challenge takes place in a fictional summer holiday club where our young innovators – the Gadgeteers - use creative thinking & teamwork to come up with cool inventions for the summer party!

Children will be introduced to many aspects of science engagement, including food, fashion, music, and sport – something for everyone to enjoy!

Gadgeteers will feature amazing books, awesome rewards, and plenty of creative fun science!

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 library books. At the end the reward is a brilliant Summer Reading Challenge medal!

To take part online go to summerreadingchallenge.org.uk/ where children create their own profile with the assistance of an adult. They set their own reading goals, and are rewarded with fun digital activities and incentives along the way!



Bristol Libraries – Words on Wheels at College Green!

Bristol Libraries presents Words on Wheels – The Big Launch!



See our
amazing
Book Bikes!



Free
Fun
Event!

Wednesday 27th July
11am – 2.30pm
College Green

Creative writing and storytelling for adults!

Circus Skills for young people!

Children's stories and activities for the whole family!

(All children must be accompanied by an adult)



Ambition Lawrence Weston: Roman Villa Long Cross Open Day

Roman Villa Long Cross Open Day August 1st 10-2pm

Visit the villa for this special Ambition Lawrence Weston open day and find out what life was like for the Romans living here around 1700 years ago. There'll be crafty activities, trails, dressing up and info about the site

Led by archaeology curator Kate Iles

Drop in anytime....and bring a picnic

For more information
contact@ambitionlw.org
0117 9235112

No need to book

FREE

br
bristol
museum &
art gallery


Ambition
Lawrence Weston

What's on at Brentry & Henbury Children's Centres

What's On at Brentry & Henbury Children's Centres



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>You can speak to our Family Support Team about:</p> <ul style="list-style-type: none"> One to one family support Child development Antenatal and postnatal support Volunteering Applying for a childcare place Mental health & well-being ...and lots more! | <p>NEW VENUE! Stay and Play</p> <p>10am-11.30am at Henbury Village Hall, BS10 7QG</p> <p>Weekly themed activities and music and movement aimed at 0-5-year olds</p> <p>School term time only No booking required</p> | <p>Under 5's Hub (Formerly Baby Clinic)</p> <p>9-11am at Brentry Children's Centre</p> <p>Appointment Only. Please contact the local Health Visiting team to book: 0300 125 6278</p> | <p>NEW VENUE! Family Support Drop In Service</p> <p>9-11am at Henbury Court Primary Academy, BS10 7NY</p> <p>Call the Family Support Team on 0117 9593800 to book a 30-minute face to face or telephone / virtual appointment.</p> | <p>You can speak to our Family Support Team about:</p> <ul style="list-style-type: none"> Parenting Drugs and alcohol Domestic abuse support for women Support for young parents Returning to work Debt advice Benefits advice |
| <p>Rockabye</p> <p>For new mothers: A group to support you to nourish your baby through sharing experiences with other parents, singing & sensory play.</p> <p>For mothers who may be feeling anxious or who have experienced a difficult birth.</p> <p>Referral only</p> | <p>Antenatal Rockabye</p> <p>For pregnant women: A small group to strengthen connection between you and your baby. A chance to reflect on any anxieties you may have about your pregnancy.</p> <p>Referral only</p>  | <p>Breastfeeding Support</p> <p>11.30am-1pm at Brentry Children's Centre</p> <p>Weekly drop-in with specialist support for breastfeeding mums</p> <p>Follow us on:</p>  <p>bhchildrenscentre.org.uk</p> | <p>NEW VENUE! Tiny Tots</p> <p>10-11am at Henbury Village Hall, BS10 7QJ</p> <p>A group for non mobile babies. Fun and movement to music, followed by a chance to meet and chat with other families.</p> <p>School term time only No booking required</p> | <p>Brentry & Henbury Children's Centre Brentry Lane Bristol BS10 6RG</p> <p>NEW VENUE: Henbury Village Hall Church Lane Bristol BS10 7QJ</p> <p>0117 9593800 admin@bhchildrenscentre.org.uk</p> |



BRENTRY & HENBURY CHILDREN'S CENTRE

CHILDREN'S CLOTHES BANK

Clothes and shoes for families in need

CONTACT US ON 0117 9593800 OR ADMIN@BHCHILDRENSCENTRE.ORG.UK

Good quality second-hand children's clothing and shoes (ages 0-11) available for families in need.

No referral or voucher required

COVID-secure collection from our Centre in Brentry

Brentry & Henbury Children's Centre, Brentry Lane, Bristol BS10 6RG
Registered Charity number 1108713



CAPO

Children Affected by Parental Offending

Every year over 310,000 children are affected by parental offending in England and Wales.

The imprisonment of a household member is seen as one of the 10 Adverse Childhood Experiences (ACEs) known to have a significant impact on children.

Get in touch..

capo@bhchildrenscentre.org.uk

0117 959 3800

How can we support you?
We have a wide network of Champions across Bristol. CAPO Champions are passionate about supporting all children and families who are impacted by a family member's offending at any point of the criminal justice system. Champions will provide you with a listening ear, advice and guidance, give you the tools to be able to support your children and ensure you are aware of other services that can help you along the way.



North Bristol Children's Centres – Summer Holiday Timetable

nbcc
north bristol children's centres

hello SUMMER
Summer Holiday timetable

Mondays
Family Support available throughout the summer

Tuesdays

- Stay and Play**
Avonmouth
09.30am - 11.00am
Drop in for activities and play. Aimed at ages 0-5
- Under 5s Hub**
Horfield Baptist Church
Brynland Avenue
Bishopston
10-11.45am
- Under 5s Hub**
Long Cross
09.00-11.00am
An opportunity to drop-in and speak to your local health visiting team.
- Southmead Breastfeeding**
11:30am- 1pm
A supportive drop-in session.
- Rainbow Group**
Avonmouth
Supporting families with children who have additional needs.

Wednesdays

- Stay and Play**
Filton Avenue
0930am - 11.00am
Drop in for activities and play. Aimed at ages 0-5
- Sea Mills Under 5s Hub.**
9am - 11am
An opportunity to drop in and speak to your local health visiting team.
- Sea Mills Breakfast club**
10am-12pm
- Southmead Adventure playground** 1-2.30pm
Childrens Centre join the Ranch for summer fun

Thursdays

- Southmead 9-11am Under 5s Hub**
An opportunity to drop-in and speak to your local health visiting team.
- Filton Avenue Under 5s Hub**
10am - 12pm
An opportunity to drop-in and speak to your local health visiting team.

Fridays

- Tree Babies**
Time for you and your baby to connect through nature
Stoke Park
AM Time TBC

Email: nbcc@bristol-schools.uk
Phone: 0117 9030742

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

BRISTOL CITY COUNCIL

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



Children's Scrapstore: Free Play Training




Find out about all our up-coming events below and on our website!

Book Now:

Summer Programme 2022



Our Holiday Programme is full of lots of lovely arts & craft sessions to enjoy this Summer!

For more information & to book:
www.childrensscrapstore.co.uk/events

Super Saturday

in St Werburghs!

Saturday 23rd July 2022!

Arts, Crafts & Play at Scrapstore

Join us for FREE, crafty fun, aimed towards Primary School children and their families, at our drop-in session from 10:00am - 12:30pm. Activities will take roughly 45 minutes. No unaccompanied children. www.childrensscrapstore.co.uk

BROOKESDY WORKS

REUSE

AFTERNOON

THURSDAY 11TH AUGUST

1:45-4:45PM

SAVE THE DATE:

SATURDAY 17TH SEPTEMBER

REUSE FAIR



REUSE



ART

FREE Stay & Play creative open access activities in Lawrence Weston!

Aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. Lunch will be provided. (Drop-in session, no booking required)

Tuesday 26th July - Park (By BMX Track)
Sports: Olympics, Coaching & Parkour

Thursday 28th July - B. Gardens
Sports: Olympics, Coaching & Parkour

Thursday 4th August - B. Gardens
Science: Experiments, Explosions & Potions

Tuesday 9th August - Park (By BMX Track)
Maps: Treasure, Trails & Discoveries

Thursday 11th August - B. Gardens
Maps: Treasure, Trails & Discoveries

Tuesday 16th August - Farm
Transport: Wacky Racers, Tracks & Tournaments

Thursday 18th August - B. Gardens
Transport: Wacky Racers, Tracks & Tournaments

Tuesday 23rd August - Park (By BMX Track)
Theatre & Performance: Puppets, Props & Potions

Thursday 25th August - B. Gardens
Theatre & Performance: Puppets, Props & Potions

Tuesday 30th August - Park (By BMX Track)

Park (Between BMX track & Henacre Flats) BS11 0EZ.
Community Farm BS11 0NJ.
B.Gardens = BeverstonGardens



Department for Education









NHS Healthy Start: Get Help to Buy Food and Milk

What is NHS Healthy Start?

If you're pregnant or have children under the age of 4 you can get payments every 4 weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Your money will stop after your child's 4th birthday, or if you no longer receive benefits.



What can I buy?

Fruit and vegetables

✓ They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit, vegetables in water
- fresh, dried or tinned pulses

✗ They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

Plain cow's milk

✓ This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

✗ It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

Who can apply?

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

Infant formula

- ✓ Stage one only (first infant formula)
- made from cow's milk
- nutritionally complete.

✗ It cannot be:

follow-on formula or milk ('from 6 months', or 'from 6 to 12 months').

Healthy Start Vitamins

You can use your Healthy Start prepaid card to show proof of eligibility to collect Healthy Start vitamins.

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:

www.healthystart.nhs.uk

Or call us on **0300 330 7010**

Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)



Follow us on Facebook and Twitter
@NHSHealthyStart

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis at Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

How to apply

- Visit www.healthystart.nhs.uk
- Fill in the online application form
- Receive your pre-paid card in the post
- You'll need to activate your card to get your PIN before using it.
- Shop for healthy food and milk in most retail stores that sells the eligible food and milk items and accepts Mastercard® payments.
- You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

Your card will be topped up with your benefit every four weeks.

You can also use your card to show proof of eligibility to collect free Healthy Start vitamins.



Healthy Start

Get help to buy food and milk



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.

We run a Taster session, followed by 6 week programme covering:

- **Being a Strong Family**
- **Loving our Children Well**
- **Play, Encouragement and Listening**
- **Routines, Choices and Rewards**
- **Rules and Consequences**
- **The Bigger Picture**

Every session will have refreshments and a free crèche where needed



Kids Matter is available for parents and carers in Southmead

**Contact Tenna Blundell (07446 375698) or
Joanna Bacon (07812 207185) to chat some more.**

**Enquiries from parents, school, church or health staff very welcome, we
are always looking for new venues. Hope to see you soon!**

Registered charity in England & Wales 1163617

Shirehampton: Free English Conversation Club



**Do you want to practise speaking English?
Come to an English Conversation Club.**

Ma doonaysaa In aad luqadda Ingiriisiga si filcan ugu hadasho?
Kaalay oo ka qaybqaado kulamo gaar ah oo loogu talagalay xoojinta ama horumarinta ku hadalka luqadda Ingiriisiga.

**Czy chcesz ćwiczyć rozmowy w języku angielskim?
Przyłącz się do klubu konwersacyjnego
English Conversation Club.**

کیا آپ انگریزی بولنے کی مشق کرنا چاہتے ہیں؟
انگریزی بول چال کے کلب میں تشریف لائیں۔

- Practise speaking English • Improve your confidence •
- Meet new people • Enjoy fun activities •

FREE ESOL Conversation Club

Every Thursday 10:00-11:00

Just turn up – no need to book

At JTE HUB The Methodist Church Penpole Avenue.
Shirehampton BS11 0DY Bristol
For more information, call Aggie on 07768500673
or email esolconversationclubs@bristol.gov.uk

 **BRISTOL A LEARNING CITY**



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



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 an 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.



Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS

Free Monthly SEND Parent Support Session



SPECIAL EDUCATIONAL NEEDS AND DISABILITY INFO SESSION

**Is your child struggling in nursery, school or college?
Would you like to know more about the ways in which
they can be supported?
Do you have questions about the SENDIAS service?**

Come along to this online session where you will be able to access information, advice, support and signposting to help you.

Scan here to sign up!



**1st Wednesday
of each month
11am - 12pm**

For more info on our online groups, visit
southmead.org/wellbeing/social-prescribing



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/>



The graphic is a calendar for May 2022. On the left, a black vertical bar contains the SAY logo (a yellow circle with a green and blue figure), the text 'SAY SEND AND YOU SENDIAS', 'Bristol Events', and 'May 2022'. The right side is a blue area with a grid of events. Each event is listed with its title and date, with dates underlined in yellow.

| | |
|--|--|
| SEND and You Mental Capacity and Consent Virtual Coffee Morning Wednesday 18th May 2022 | SEND Review - Have your say! Interactive Workshop for Children and Young People Tuesday 31st May 2022 |
| SEND and You Youth Matters Group Monday 13th June 2022 | Bristol Daytime SEND Surgery Wednesday 15th June 2022 |
| Bristol Evening SEND Surgery Tuesday 5th July 2022 | SEND and You AGM - Annual General Meeting Monday 11th July 2022 |
| SEND and You Professionals Information Day Tuesday 12th July 2022 | SEND and You Youth Matters Group Monday 18th July 2022 |

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.

Prince's Trust: Explore – Get Started in Health & Social Care

Taster Day: Wednesday 13th July
Programme Dates: Monday 18th July- Friday 22nd July (interview day - 26th July)
Programme Times: 10:00 am-3:00pm
Location: Online using Microsoft Teams

Are you aged 18-30? Not in education, training or employment and looking for an alternative route into a career in Health & Social Care?

The Prince's Trust, in partnership with Paragon Skills are hosting a FREE 1-week training course, to help you start a career in the Health & Social Care Sector. Upon completing the course, participants will have the chance to interview for live vacancies with various employers.

This programme covers all the topics you will be trained on as a care Assistant, such as: Duty of Care, Equality Diversity and Inclusion, Basic Life Support, Safeguarding, Mental Health, Dementia & Learning Disabilities, plus more.

We also offer employability sessions, guidance on applications and interviews, and Q&A sessions with experienced Healthcare Professionals.

Following the programme, you will be able to access our financial award of up to £500 to support the start of your career .
 As well as a professional mentor for up to 6 months!

**For more information please scan the QR code or email:
Kayhlan.Norgrove@princes-trust.org.uk**



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



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](http://bristol.gov.uk)



**Considering
a career in
childminding?**

**Become an early years
professional and run a
rewarding business
from home**

Bristol Childminding Network
The heart of quality home-based childcare



North Bristol Advice Centre



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

Welfare Rights and Money Advice Service

Welfare Rights and Money Advice Service

Welfare Benefits Tips July 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 – Fearless: Anonymous Advice and Reporting



WHAT IS FEARLESS?

Fearless is part of Crimestoppers Charity and is for young people and parents, carers and professionals working with young people. You can access non-judgemental information and advice about crime and criminality. What makes this site different is we also provide you with a safe place to give information to us about crime - 100% anonymously.

ANONYMITY PROMISE **Anonymous means your identity is completely unknown.*

Our promise of anonymity is important as it is what makes our charity unique.

We're here to help you tackle crime in your community - online and by phone, 24/7, 365 days a year.

We know that it can be difficult to come forward with information. You might have seen or heard something about a crime but don't know what to do, or are scared to give information. It's easy to think there is nothing you can do, but we offer you a safe way to do this.

We guarantee that if you choose to contact us anonymously:

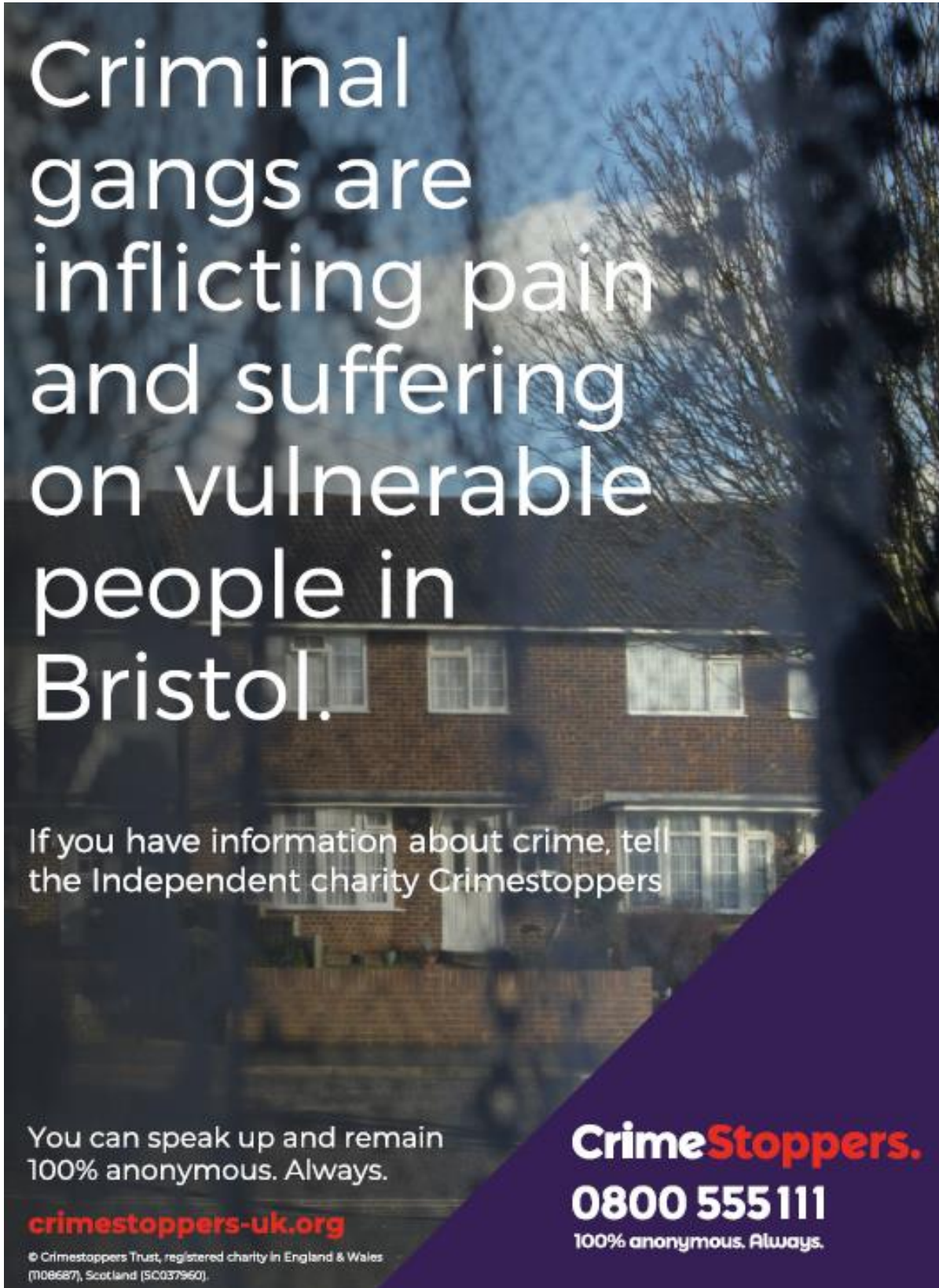
- You can give us information about crime without giving your name or any personal details.
- You will not be asked for your gender or age.
- We will not record any personal details you might mention.
- We physically cannot trace your email or IP address as our system is designed to protect your identity.

The only way anybody will know you contacted us, is if you tell somebody. 100% anonymous. Always.

Ready to contact us? [Give information about crime anonymously.](#)

We are not an emergency service and if you see a crime taking place you should **ring 999 to report it immediately.**

Crimestoppers: Speak Up to Protect Vulnerable People



Criminal
gangs are
inflicting pain
and suffering
on vulnerable
people in
Bristol.

If you have information about crime, tell
the Independent charity Crimestoppers

You can speak up and remain
100% anonymous. Always.

crimestoppers-uk.org

© Crimestoppers Trust, registered charity in England & Wales
(106687), Scotland (SC037960).

CrimeStoppers.

0800 555 111

100% anonymous. Always.

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

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 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 والعلامات بالجنس والأمهات والعازبات 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 يُجبر 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

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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 jakiegokolwiek 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 mogą być wykorzystywani do przetrzymywania 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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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 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 yeestaan, burcaddu waxay soo galayaan gudaha ayaka oo wata khatarta xadgudubka goyska 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 siiyaysaa 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 baasakillada 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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