

Families in Focus Bulletin - Part 1

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

September 2020

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

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

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

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

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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Service Updates and Information

Creative Youth Network



CREATIVE YOUTH NETWORK.

Building confidence. Building relationships. Building futures.

Targeted youth services have continued to support young people throughout lockdown.

Creative Youth Network and partners are now delivering one to one support and small group work to young people aged 13-19, through telephone calls, video calls and also face to face, with social distancing measures.

.....

- ONE TO ONE SUPPORT
- YOUTH CLUB SESSIONS
- HELP TO FIND A JOB
- CREATIVE COURSES (ONLINE AND IN PERSON)
- EVENTS FOR AND BY YOUNG PEOPLE

.....

FIND OUT WHAT'S AVAILABLE FOR YOUNG PEOPLE ACROSS BRISTOL AND SOUTH GLOUCESTERSHIRE:

WWW.CREATIVEYOUTHNETWORK.ORG.UK/WHATS-ON

[SIGN UP TO OUR NEWSLETTER](#)

REG CHARTY: 264318 | REG CO. IN ENG: 01099684 | VAT NO: 110992037

<https://www.creativeyouthnetwork.org.uk/Pages/Category/whats-on>

We the 33% Inequality



WE THE 33%

– Inequality –

23rd Sept | 16:00 | Zoom

Join us as a key listener and hear from young people sharing their experiences of inequality.

From Black Lives Matter, to the rise in mental health problems, unemployment and poverty amplified by the pandemic, this year has brought to the forefront some of the most significant inequalities in our society.

Young people have extraordinary energy and resilience going forward. Join us to share stories of struggle and triumph and ideas for the future.

RSVP NOW

CREATIVE
YOUTH
NETWORK.

Funded by:



Young people from the South West will be the key note speakers.

Responding to the issues they bring up, we'll have the following key responders:

- Richard Bonner – President, Business West
- Sam Bromily – Cabinet Member for Children and Young People – South Gloucestershire
- Cleo Lake – Ex Lord Mayor of Bristol and Deputy Leadership candidate for the Green Party



OTR is a [mental health social movement by and for young people aged 11-25](#) living in Bristol and South Gloucestershire.

Getting support couldn't be easier. [Come along to one of our regular Hubs](#) or explore this website and sign-up directly to the [project or service](#) you want to try.

WHAT'S GOING ON FOR YOU?

		
Covid 19	I'm feeling anxious	I'm feeling low / depressed
		
I'm angry	I'm self-harming	I'm having obsessions / compulsions
		
I'm struggling with my body image	I'm thinking about my sexuality / gender identity	I'm having trouble with family / relationships
		
I'm exploring my ethnicity & cultural identity	I want to make social change!	I'm a parent / carer / professional looking for help

 I want to find out more about mental health

Felix Road Adventure Playground September Timetable

SEPTEMBER TIMETABLE

@FELIX ROAD ADVENTURE PLAYGROUND

Times, type of access and playworkers present listed in the timetable below.

MONDAY

3.30 TO 5.30PM
OPEN ACCESS
(Eddie, Ollie, Steven & Aliya)

TUESDAY

3.30 TO 5.30PM
OPEN ACCESS
(Ollie, Steven & Araceli)

6 TO 7.30PM
FELIX+ CLOSED
SESSIONS
(Del, Gemma, Salaah & Aliya)

WEDNESDAY
3.30 TO 5.30PM
OPEN ACCESS
(Eddie, Ollie, Araceli & Aliya)

THURSDAY

3.30 TO 5.30PM
OPEN ACCESS
(Eddie, Ollie, Gemma & Salaah)

6 TO 7.30PM
FELIX+ CLOSED
SESSIONS
(Del, Gemma, Salaah & Aliya)

FRIDAY
3.30 TO 5.30PM
FELIX GIRLS
(Nirmal, Aliya & Gemma)

SATURDAY

1 TO 2.30PM
ONLINE BOOKING
(Nirmal, Del, Araceli & Salaah)

3 TO 4.30PM
ONLINE BOOKING
(Nirmal, Del, Araceli & Salaah)

SUNDAY
1 TO 2.30PM
ONLINE BOOKING
(Eddie, Ollie, Del & Salaah)
3 TO 4.30PM
ONLINE BOOKING
(Eddie, Ollie, Del & Salaah)

OPEN ACCESS Children aged 8 to 14 are free to come and play. Younger children are also welcome if supervised by an adult.

FELIX+ CLOSED SESSIONS 11 - 14 year olds only. Closed sessions speak to someone at the playground for more information.

FELIX GIRLS 11 - 14 year olds only. We have identified the need for a girls only session at the playground.

ONLINE BOOKINGS These sessions can be booked online.



www.eastsidecommunitytrust.org.uk



@FelixRoadVenture

Children's Scrapstore

HOW TO VISIT:

We are currently running an appointment based system to access the ArtShop and the Warehouse - all you need to do is book through our website:

childrensscrapstore.co.uk

ALSO ON OUR WEBSITE:

- our online shop, where you can click & collect or we can deliver locally
- membership forms for existing or new members
- Supporters Plus card - a new way for non-members to access the Warehouse!

DID YOU KNOW...?

...that if you work with children or adults in an educational or therapeutic setting, you're eligible for membership with us! This gives you unlimited access to the Warehouse, as well as a discount in our shop! Check online or ask in store to find out more.

CHARITY NO. 1008788



TEL. NO. 0117 9085644

NACOA – National Association for Children of Alcoholics



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

FREE Helpline **0800 358 3456**
helpline@nacoa.org.uk

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

Despite lockdown, this has been a summer of very many positives at Nacoe (the National Association for Children of Alcoholics). Despite seeing an increase in calls and emails, all of these have been responded to within 24 hours.

Nacoe has also launched its 'Here to Listen' campaign which is backed up by our incredible supporters and helpline team. Nacoe patrons Elle Macpherson and Calum Best are advertising the Nacoe helpline by appearing on billboards and noticeboards all around Bristol.

This is the first billboard campaign for children affected by their parent's drinking ever to hit the UK with huge installations all around Bristol. This includes children of all ages, many of whose problems only become apparent in adulthood.



The Nacoe helpline has been and remains open throughout these times:

- **2-7pm via phone 0800 358 3458**
- **12-9pm via email helpline@nacoa.org.uk**

Here is a link to our Covid Online Resource Pack.

https://nacoa-my.sharepoint.com/:f/g/personal/communications_nacoa_org_uk/E1XaeybTlrlAiEkWVoc4aRgBeQctmFKPOeE30X6V1FI18Q?e=tbpGIG

We're also continuing our Lunchtime Live series <https://www.nacoa.org.uk/news-and-events/event/2020/08/09/catch-up-lunchtimelives-with-tony-adams>. Do keep a look out for others with more information on the Nacoe Facebook page.

The National Association for Children of Alcoholics (Nacoe)
PO Box 64, Bristol, BS16 2UH
Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoa.org.uk
Web nacoa.org.uk



Barnardo's – See, Hear, Respond

SEE, HEAR, RESPOND



SUPPORTING INFORMATION FOR CHILDREN AND FAMILIES SOCIAL CARE

See, Hear, Respond

A new service provided across England for children, young people, parents and carers who are experiencing crisis due to Covid-19.

A new support hub and referral link is now available.

If you are worried about a child or young person experiencing harm and increased adversity or are looking for advice and help, visit www.barnardos.org.uk/see-hear-respond

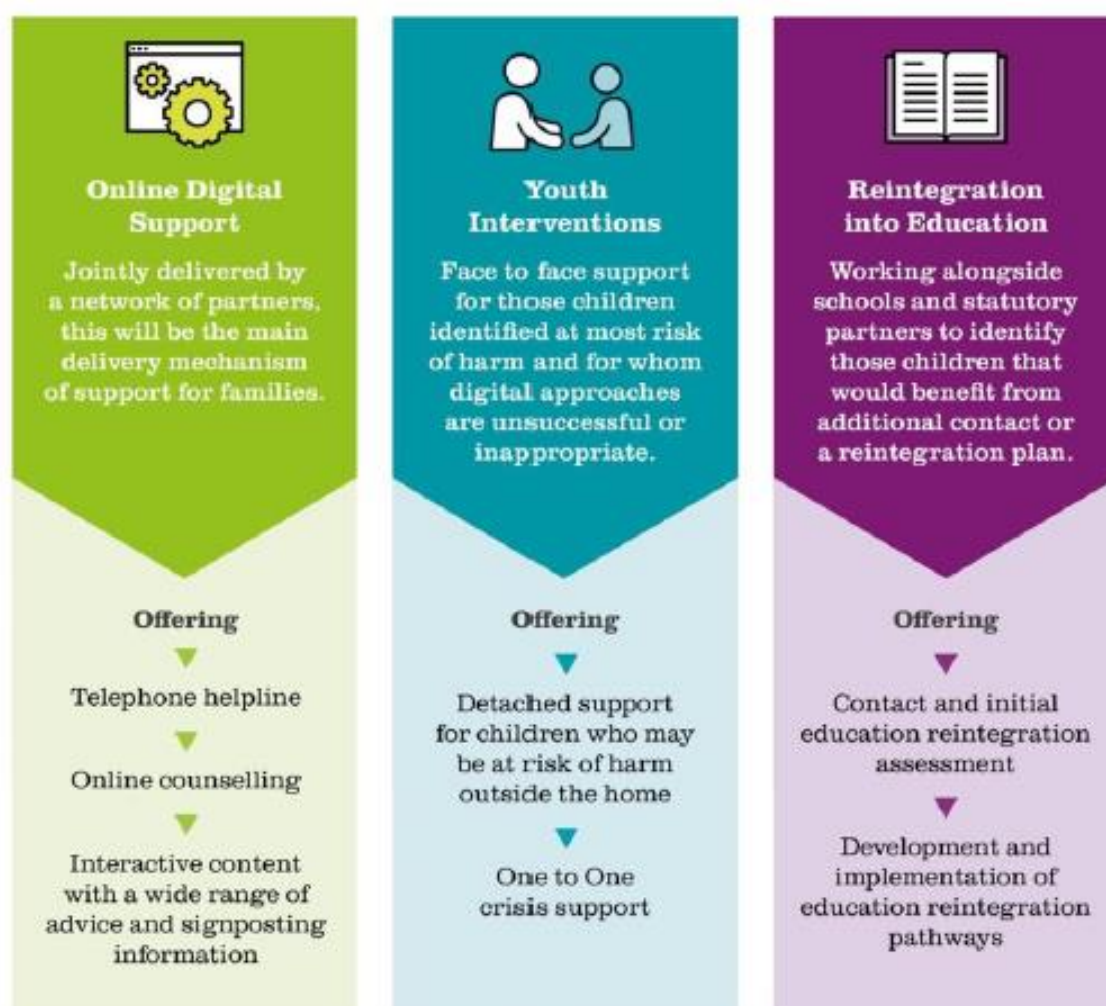
Or call **0800 157 7015** to speak to one of our Barnardo's project workers.

We operate between:

**Monday – Friday 9am – 9pm and
Saturday and Sunday 10am – 6pm**



<https://www.barnardos.org.uk/see-hear-respond>



How do I refer a family?

It is always preferable that you talk to a family and get consent to refer into the service where possible.

We have a Freephone number for children and families who wish to self-refer or they can fill out a self-referral online form:

Free phone: 0800 157 7015

Online self-referral: <https://www.barnardos.org.uk/see-hear-respond>



Your City, Our Future – Project Information

‘Your City, Our Future’ is a new Bristol City Council project which seeks the views and ideas from citizens and community groups from across Bristol. All responses will feed into Bristol’s recovery plan, helping to shape the future of Bristol as the city rebuilds following lockdown and continues to adapt to the challenges posed by COVID-19.

The first part of the project is a city-wide survey. This intends to find out how people’s lives have changed and what can be learnt from how people have travelled, worked and spent leisure time over the past few months.

To find out more, [watch our short video](#)

It is important we hear from as many people as possible, from across all communities, wards and neighbourhoods, to make sure our recovery plan is inclusive and representative of all Bristol people.

Complete the survey and share your views on how to build a healthier, fairer and more sustainable city.

The ‘Your City, Our Future’ survey will be followed by a Citizen’s Assembly where one hundred people representing every part of the city will come together to tackle the city’s most important issues.

To take part in the survey online, visit www.bristol.gov.uk/yourcityyourfuture

If you would like a paper copy or an alternative accessible format, please email consultation@bristol.gov.uk or call **0117 922 2848**



Local crisis and prevention fund: emergency payments or household goods

Apply for an emergency payment

What an emergency payment is, who is eligible and how to apply

School Uniforms

Applications for help with school uniform are taken online only.

Help will be in the form of Tesco vouchers for use on school uniform

We'll make a decision on your claim within 10 working days and if you are successful your award will be posted to you

Emergency payments:

We are unable to support with bulk buying food.

If you can't pay your gas or electricity bill because of Coronavirus (COVID-19), contact your energy supplier to ask for a payment break before you contact us.

Emergency payments

Emergency payments are one off awards of supermarket vouchers that can be used to buy food or clothing and top up prepaid gas and electricity meters.

You won't have to pay anything back.

You can apply if you:

- live within the Bristol City Council area
- have a one off financial crisis, such as your benefits not being paid or losing your job, that means you have no money for basic needs like food, gas or electricity, British Gas customers can't claim for fuel payments
- have no other means of support through family, friends or donations

You can apply for one emergency payment a year. We may consider a second payment in exceptional circumstances. If you make repeat applications, we'll refer you to other services such as money or debt advice.

Whether we make a payment depends on the information you give us in your application, so make sure you answer all questions and give as much detail as possible.

We don't:

- make cash payments
- cover moving costs, travel expenses or rent

[Local crisis prevention fund policy \(pdf, 225KB\) \(opens new window\)](#)

British Gas customers

We can't offer gas and electric top ups for British Gas customers. This is because British Gas has changed its top up support.

If you're a British Gas customer you can still apply for food or household goods.

How to apply

Apply for an emergency payment

This form will not work on tablets or Android devices.

You will need to switch off pop up blocker on your device to use.

You may need to give evidence of your situation. We'll check details of your claim with the Department of Work and Pensions and other council departments.

What happens next

If we get your application by 12noon we'll call, text or email by 5pm the same working day to tell you your application result.

You'll be able to collect your payment from the [Citizen Service Point](#) at 100 Temple Street the next working day. You'll need to bring ID.

Privacy statement

Read our [privacy statement](#) and our [Local Crisis and Prevention Fund privacy notice \(pdf, 100KB\) \(opens new window\)](#) to see what we do with your personal information.

- [Local crisis prevention fund: emergency payments and household goods](#)
- [Apply for an emergency payment](#)
- [Apply for household goods](#)
- [Contact the local crisis and prevention fund team](#)

THE NATIONAL FOOD SERVICE

We know it's been a while, and we're back to fill you in on everything going on in the National Food Service at the moment, what we've been up to and how YOU can get involved.

Throughout August: It has been a busy month for the NFS with our online summer symposium 'Overturning the Food System,' and many of our branches have been working hard to transition out of emergency food provision mode to a more sustainable approach, with the aim of returning back to social eating (obviously in a covid-safe way!). Many of our meetings ceased over August, as people had some well needed rest after a busy and hectic few months! **But we're starting back up, and now is as good a time as any to get involved. We are teaming up with Food Inequalities Rebellion to run a campaign on universal free school meals (UFSM), find out more and get involved below.**



CALL FOR ACTION: The National Food Service is teaming up with [Food Inequalities Rebellion](#) to create a campaign for Universal Free School Meals (UFSM), campaigning against the means testing for a child's right to food, and we need your support!

If you're keen to get on board and drive this forward, your time is valuable, whether it's a few hours spare or more! We are actively seeking people who can help us:

- Research & gather information about specific areas, such as the stigma around current Free School Meal (FSM) vouchers / the current stance of different unions & organisations / the progression into means testing of FSM
- Write press releases
- Manage a social media campaign
- Anyone knowledgeable about our benefits system
- Anyone active in their union who can link up and push the campaign

We are in the infancy of the campaign, and therefore these roles are evolving and growing rapidly, naming just a few. To get involved in one or more of the above roles of the campaign, email info@nationalfoodservice.uk and you will be supported by another member of the campaign team whilst you get the hang of your role.

Campaign context: We think it's brilliant that so many individuals and organisations are demanding extended access to FSM, such as Marcus Rashford & Food

Foundation's call for extending FSM to all on Universal Credit, and the Children Society's call to extend FSM for those with no recourse to public funds (NRPF). **We agree that FSM must be extended to all the aforementioned, but strongly affirm that for as long as we means test, there will always be children left behind. This is why we seek to establish ONE UNITED CAMPAIGN to feed ALL children, with NRPF first. Food is political. Means testing is political. We want UFSM so not one child is left behind!**



Exciting branch updates:

- **Sheffield's Foodhall** are in their 4th week of figuring out what post-lockdown Foodhall looks like and are getting in the swing of things. Alongside a scaled-back version of our emergency food parcel delivery scheme, they've returned to social eating, running an al fresco community cafe 4 days a week. The return of the cafe has been really well received, with a number of Foodhall regulars and lots of new faces joining to share tasty meals and good company.
- **Cardiff's Wild Thing** has relaunched their first community dinner last week using surplus food on a pay what you can afford basis. They had 2 seatings with socially distanced tables and it went really well and they received lots of lovely feedback! They've also taken on running Cardiff's community fridge where anyone can access free food 7 days a week, which has been a nice transition from food parcels to people then accessing the fridge. The cafe is also now completely pay what you can afford!
- The **National Food Service London** has served over 15,000 meals during the pandemic. As we emerge from lockdown, they are working with two community centres in North London to set up kitchens and cafes, fridges and coops. They are continuing their home delivery and collection service, whilst they build a sustainable solution for everyone to access affordable, nutritious, good food. They've also recently been awarded funding from North London Waste Authority to develop a Community Cooks training programme and resources to remove barriers for people to get involved in community cooking and to set up worm farms at each of the community kitchens!

CURRENT PROJECTS TO GET INVOLVED IN VIRTUALLY (reply to this email for more info/Zoom links)



HELP NFS WITH SOCIAL MEDIA

We're always looking for people to join our social media working group to draft posts across all platforms about branch updates, the wider campaign & food justice activities. Social media is a vital way for us to get our message out there as far and wide as possible!



HELPING THE NFS GROW: Are you interested in community land-growers? In how we can work towards closing the food loop? Pre-August we had some great meetings about how best to facilitate connections with community growing groups across the country to work towards broadening NFS efforts to create a more just food system across all levels of the food chain. [This doc outlines the guidelines for what kind of groups we would like to contact](#), and we are urgently looking for a team of volunteers to help us do this, get in touch by replying to this email.



HELP ENSURE THAT THE NFS IS ANTI-RACIST: As mentioned in our last digital digest, we have formed a working group to ensure that NFS forms connections and structures that are actively anti-racist. We must acknowledge efforts that contribute towards a National Food Service which originate in the communities and philosophies of BIPOC. This is an important ongoing process. *If you would like to join this working group or come to the next meeting, please reply to this email.*

CALLOUTS FROM BRANCHES ON THE GROUND:

Most of our branches are currently short on volunteers, as many have gone back to work or are on holiday. Almost all of the branches listed below are looking for drivers, warehouse packers, cooks and phone line volunteers. Either reply to this email or [sign up via our website](#) to get involved on the ground.

**Current branch list includes: Sheffield // North London // South London // East London // Nottingham // Manchester // Glasgow // Falmouth // Cardiff // Bristol // Mid-Wales//*

Alongside these opportunities, we have working groups* for ongoing projects & are open to ideas and projects that you want to lead related to NFS. We organize through Slack, let us know if you want to join.

**Working Groups: Press / Design / Anti-racist / Funding / Newsletter / Social Media / Community Growing / Webinars / Admin / Campaigns / Research /*



NFS RECOMMENDS: If you haven't already listened, our recommendation this week is the BBC Food Programme's episode 'Sitopia.' We think it really brings the NFS vision into a utopic realisation where food is at the heart of our communities - [BBC Food Programme's episode 'Sitopia'](#).

Happy growing/cooking/eating,
NFS xx
www.nationalfoodservice.uk

FEEDING BRISTOL

We have translated the 10 recipes from the summer holidays into 16 different languages! This includes a pdf and subtitles for the videos. Feel free to start sharing the link.

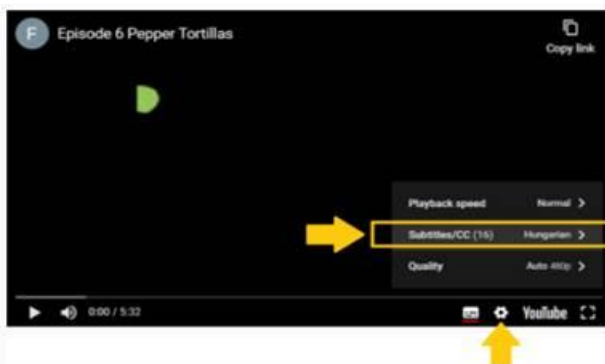
Everything can be found from the main page:

<https://www.feedingbristol.org/thechildrenskitchen>

However, if you want to go directly to the pdf's, this is the link:

<https://www.feedingbristol.org/recipes-languages>

To watch the videos with different subtitles, the user needs to open the YouTube video, and select the language. This is the instruction I have included on the website:



Click here to watch the cooking videos with any of the 15 different language subtitles. Play the video and then click the 'Settings' to change the language.

Let me know if you have any questions, otherwise, enjoy! Also, feel free to send through feedback as you start to use the tool.

Thanks,

Maurice Di Rosso, Feeding Bristol - Director

w. <https://feedingbristol.org/>

Healthy Start



The top section of the poster features the 'HEALTHY START' logo in large, white, hand-drawn letters on a blue background. To the right is a simple line drawing of a family: a pregnant woman in a pink dress holding a clipboard labeled 'VITAMINS', a man in an orange shirt holding a milk carton labeled 'MILK', a small child in a green shirt, and a dog. Below this is a green section with the heading 'What is Healthy Start?' in bold black text. The text explains that Healthy Start provides free vouchers weekly for milk, fruit and vegetables, and infant formula. It also lists eligibility criteria: being pregnant or having children under four, being on benefits, or being pregnant and under 18. To the right of this text is a drawing of a woman in a pink dress holding a 'VOUCHER' and a small child in a blue shirt. Below this is the heading 'Voucher Expiry Dates' in bold black text. The text states that due to the Covid-19 pandemic, the validity of vouchers has been extended by 4 weeks to 12 weeks. It also notes that the number of vouchers and the acceptance by retailers will remain the same.

What is Healthy Start?

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18.

Voucher Expiry Dates

Due to the impact of the Covid-19 pandemic we've temporarily extended the validity of the Healthy Start vouchers by 4 weeks, giving you 12 weeks to use your entitlement, we will keep this under review.

This change will not reduce the number of vouchers you receive and registered retailers will continue to accept vouchers with extended expiry dates.

If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods. This important means-tested scheme provides vouchers to spend with local retailers. Pregnant women and children over one and under four years old can get one £3.10 voucher per week. Children under one year old can get two £3.10 vouchers (£6.20) per week. The vouchers can be spent on:

- Plain cow's milk – whole, semi-skimmed or skimmed. It can be pasteurised, sterilised, long life or UHT
- plain fresh or frozen fruit and veg (fruit and vegetables with no added ingredients), whole or chopped, packaged or loose
- Infant formula milk that says it can be used from birth and is based on cow's milk.

For more details and to check if you qualify have a look at the Healthy Start website: <https://www.healthystart.nhs.uk/>

Help improve your housing service



The Moving Forward Together programme aims to improve the service you get from your housing team, making sure the things that matter most to you are at the heart of everything we do.

We want to move forward with you!

We will be hosting a series of resident workshops where your views will help improve how we deliver services where you live.

To find out more about these workshops, and other ways you can get involved, visit

www.bristol.gov.uk/movingforwardtogether

If you do not have access to the internet, but would still like to be involved please call our tenant participation team on **0117 352 1444**.

Top resident priorities from our 2019 survey were:

- the housing team being more visible in your local area
- listening to what residents say
- making it easier to contact us
- keeping our promises
- tackling crime and anti-social behaviour
- improving the security and appearance of our homes/estates



Moving
Forward
Together



Bristol City Council's First Re-Use Shop

Bristol City Council in partnership with Bristol Waste Company has opened a brand-new re-use shop at Avonmouth Recycling Centre (Kings Weston Lane, BS11 0YS), filled with low cost goods, such as TVs, toys, furniture and vacuums - all diverted from disposal. The store, which is the first of its kind for the Council and Bristol Waste, is open Monday – Friday between 10am and 3pm.

All items for sale have been saved from going to waste, with the income generated used to fund and further develop reuse work, and a percentage of profits donated to local charities.

We are hoping to encourage residents to bring good quality, pre-loved items to donate. Staff will be on hand to direct visitors on where to leave items and answer questions about what can be reused. After being dropped off, the items will be cleaned and quarantined for 72hrs before being put out for sale. Electrical items are PAT tested at the onsite reuse workshop, ensuring everything is safe and ready for a new home.

By redirecting reusable items from disposal, we can reduce the city's waste disposal costs, save valuable resources and help Bristol reach its ambitious recycling target of 50% by 2020.

Bristol Council began reuse work in April 2018 with the collection of bikes and mobility aids at the Recycling Centres and donating these to project partners. Since then the team have salvaged over 76 tonnes of material from the waste stream, including:

- Diverting 22 tonnes of paint from the waste stream
- Saving 25 tonnes of books, sending them to be reused
- Donating over 1,400 bikes and 1,600 mobility aids to local charities
- Raising more than £5k for charity

For more information visit <http://www.bristolwastecompany.co.uk/reuse> or watch our short film: <https://youtu.be/L1sk1DpxxTA>. Due to restrictions in place as a result of the coronavirus, visitors may need to queue to access the site. A live traffic camera can be found here: <http://www.bristolwastecompany.co.uk/hrrc-queue-camera/>.



DHI WebFam



webFAM

An online self-help tool for families & carers of drug or alcohol users

The purpose of this self-assessment is to identify the impact that caring for another with substance misuse is having on you, and give you some information on where to get more advice, information or support.

You'll be asked some questions to help identify how you feel about key areas of your life. At the end, we'll give you resources to help you in each of these areas.

[Start Assessment](#)

DHI's Webfam is a website for family members and carers. Accessible and easy to use, it's also available 24 hours a day. It asks you the sort of questions a concerned friend or well-informed professional might ask you.

WebFam also provides links to relevant local and national organisations, as well as to useful articles and well-known forums and chat rooms. The information is tailored specifically to your needs.

WebFam arms you with the information and advice you need to help your loved one make the changes in life they need to make. Try it.

[Learn more about how DHI helps people turn their lives around](#)

<https://webfam.dhi-online.org.uk/>

Ups and Downs Bristol



We're Coming to Bristol

A Down Syndrome support charity, Ups and Downs Southwest has been offering its services to children, families and professionals across the South West for over 20 years. Currently based in Somerset, they have identified a need for improved access to its services in Bristol and as a result have secured 5 Years of significant funding from The National Lottery Community Fund.

In order to carry out this project, they will be setting up and staffing a second office in Bristol to effectively serve the children, families, professionals and all those involved in the care and education of children and young people who have Down Syndrome – they will be basing themselves at The Park Centre, Knowle.

They have covered Bristol for many years but not at the level that is wanted and needed. Their research tells them there are up to 215 families in Bristol City alone who have a child with Down Syndrome who have access to minimal Down Syndrome specific, holistic support.

Through this project, Ups and Downs Southwest will be offering access to a family support worker, school liaison worker, volunteer befrienders and parent supporters as well as locally based youth club provision. In addition, they will ensure that their usual annual training program and family event program is now accessible to families and professionals in the Bristol area.

Due to the COVID-19 pandemic, the actual start-up of this project has been delayed but Ups and Downs Southwest are keen to express that any family living in Bristol and any professional working across Bristol can access services immediately and this can be managed remotely by the team based in Somerset. From coping with a new diagnosis to managing transitions at school, support with applying for benefits to access to educational tools, Ups and Downs Southwest have a wealth of expertise, understanding and compassion.

For more details about their work you can visit their website at www.upsanddowns.net

To contact Ups and Downs Southwest email at info@upsanddowns.net

CrimeStoppers.

Did you know that **two women are killed each week** by a current or former partner and it is estimated that a typical victim of domestic abuse **endures up to 35 assaults before speaking up?**

We want to let everyone know that: **You have the power to help stop domestic abuse.** If you suspect domestic abuse and don't want to reveal your identity, tell us what you know on the phone 0800 555 111 and online, 24/7, 365 days a year.

There are many ways you can help us share this messaging.

Please like, follow and share our campaigns
on <https://www.facebook.com/CrimestoppersintheWestCountry>

Please direct staff and customers to our landing page :

[Visit campaign landing page](#)

Consider using our awareness materials with these downloads or contact me to discuss further :

[Download printable awareness materials](#)

Thankyou for your support helping communities to speak up, stop crime and stay safe whilst remaining 100% anonymous. Always .

Best regards



Twitter: [@crimestoppersuk](#) | Facebook: [@crimestoppers](#) | YouTube: [@crimestoppersuk](#) |

Art Shed, Blaise Museum

Blaise
Museum

Art Shed

Art Shed is a wellbeing arts group at the beautiful Blaise Castle House Museum.

Art Shed focuses on using art to help improve wellbeing in a friendly group setting. We use the spaces and collections at the museum to help inspire you. No previous art experience is necessary.

The group is for people with anxiety, depression or facing social isolation.

Until we're able to return to our sites, all classes will be run online via Zoom.

To find out how join an *Art Shed* course, contact us:

07795 453 389 or
museum.community@bristol.gov.uk

Please give your name, number and email (if you have one).

Fortnightly sessions on
Thursdays* 11am-1pm

*Excludes school holidays



culture
team

Art Shed, M Shed

Mshed



Art Shed

Art Shed is an ongoing arts group led by a professional artist run by one of Bristol's most popular museums.

The course is the next step for those who have previously attended an arts for wellbeing group* and would like to continue their creativity in an exciting new environment.

Art Shed focuses on using art to help improve wellbeing in a friendly group setting, and uses the spaces and collections at M Shed to help inspire your creativity.

Until we're able to return to our sites, all classes will be run online via Zoom.

To join an *Art Shed* course, contact us at 07795 453 389 or museum.community@bristol.gov.uk giving your name, number and the name of your previous course.

Fortnightly sessions on Mondays*
10:30am - 12:30pm

*Excludes school holidays



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



heritage
lottery fund
LOTTERY FUNDED



**culture
team**

'Oakupy' Community Project

<https://bristolgreencapital.org/rescue-saplings-mulcher-arkbounds-oakupy-project/>

In this member blog, Ellie Potts shares details of Arkbound's 'Oakupy' project. Ellie Potts is currently on an eight week internship placement with the Arkbound Foundation during her summer break from the University of the West of England, where she studies Creative and Professional Writing. As part of her internship, Ellie is coordinating 'The Oakupy Project', a tree planting initiative that aligns with Arkbound's environmental commitments.



Photo by Carol Ann Langford

We are looking for organisations to help us with an exciting oak tree saving project, starting this Autumn. Getting together like-minded volunteers from every walk of life, we want transform community spaces by planting oak trees.

Do you have some spare space on your grounds? We'd love to help you fill it. Local groups, from students to NHS service users and providers, have already jumped on board to become volunteer planters. We'd be so grateful if you would too.

Organisations and groups in Bristol will receive the saplings free of charge. We want to encourage everyone to get outside, get active and help the environment in the process.



Photo by Lauren Rees

But why oaks? Earlier this year, the UK government announced a plan to encourage landowners to plant more trees. To deal with the predicted demand, nurseries across the country set about planting thousands of acorns. Sadly, the promised subsidies failed to materialise and as a result, the market disappeared. Now, 750,000 two-year-old oak trees are due to be destroyed if nurseries cannot sell them this summer.

That's why we need your help to save these beautiful, English oaks from the mulcher!

At Arkbound, we are committed to environmental protection and reducing resource exploitation. Our publishing social enterprise regularly publishes books, often written by disadvantaged and diverse authors, with strong environmental themes and messages.

Our academic branch is dedicated to ecological research and texts. We aspire to support the United Nations Sustainable Development Goals by enabling people and communities to adapt to climate change, empowering those most at risk to have their voices heard using literature and journalism.

With our tree planting project, we want to encourage everyone, from schools and charities, to youth groups and clubs, to get on board with tackling the climate crisis and create more gorgeous, green spaces in their local area. By planting and caring for these trees, we will all take a step towards making Bristol more sustainable.

This outdoor project will make for a fantastic socially-distant activity, helping to beat the isolation and anxiety so many of us are suffering from at the hands of the pandemic. The trees could commemorate those who have lost their lives to COVID-19, or the outstanding diligence of the key workers during this difficult time.

The oaks could even be used as an educational prop to start the conversation around green recovery. All and any creative ideas for this project are welcomed.

If you think you, your friends, your organisation or your community group could help us Oakupy the fields, the streets and the gardens of Bristol, please get in touch with Ellie – Ellie@arkfound.org or Steve – info@arkfound.org

University of Bristol – Return to School Study

Back to School Study: Interim report 1

11th August 2020

The [Back to School study](#) is a rapid qualitative study examining how young people, parents, carers and school staff in Bristol feel about returning to secondary school in September, including their views on measures to reduce the risk of Covid-19 infections. This first interim report presents preliminary findings from interviews held with five school staff from three schools and eight families (7 young people, mostly years 7/8 (11-13 years), and 8 parents) from five schools, between 15th July and 7th August 2020.

Can you help?

We are still looking for school staff and young people/ parents/carers to be interviewed – please email ava.lorenc@bristol.ac.uk Interviews only take up to 45mins and include a £10 shopping voucher

Bristol Parenting Menu

Bristol based Parenting Menu

On-line City-wide Courses

Term 1 2020-21

Co-ordinated by the Families in Focus
Parenting Team (FIFPT)

All courses are Free and available to Bristol Parent/Carers

Courses in italics are delivered by other providers.

<https://www.bristol.gov.uk/social-care-health/parenting-courses-currently-running-in-bristol>

If you are concerned about the well-being of a child
please contact the **First Response Team 0117 903 6444**

City-wide

Course	Provider & Platform	Dates/Times/Contact
Nurturing Programme For parents of children aged 2-10y	Families in Focus Parenting Team Zoom Programme For 10 weeks	Tuesdays 10am – 12pm Starts 8th September 2020 Contact Pauline Sparkes: 07464907637 or Pascale Young: 07795952565
Nurturing Programme For parents of children aged under 5y	Central Bristol Children's Centre Zoom Programme For 10 weeks	Tuesdays 10am – 12pm Starts 22nd September 2020 Contact Karolina Regula or Jane Dennett: 0117 903 0337

Course	Provider & Platform	Dates/Times/Contact
Incredible Years For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team Zoom Programme For 14 weeks	Thursdays 7.30pm – 9.30pm Starts 17 th September 2020 Contact Gail Hunter: 07584 202 855
Incredible Years For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team Zoom Programme For 12 weeks	Thursdays 9.45 – 11.45am Starts 24 th September 2020 Contact: Tasha Kirby: 07464510313
Incredible Years For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team Zoom Programme For 13 weeks	Wednesdays 7pm – 9.15pm Starts 23 rd September Contact: Lucy Dixon: 07827 305457 or Lucy Hudd: 0117 3532899
Incredible Years For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team Zoom Programme For 10 weeks	Wednesdays 10am – 12.15pm Starts 23 rd September Contact: Vicky Collis: 07464 983 531 or Kauser Perveen: 07464 983 529
Timid to Tiger For parents of anxious children aged 3 – 10years	Families in Focus Parenting Team Zoom Programme For 11 weeks	Thursdays 10am – 12pm Starts 24 th September Contact Denise Guilty: 07881 267 126 or Vicky Mundy 07464 989 849

Course	Provider & Platform	Dates/Times/Contact
Non-Violent Resistance (NVR) Parents of children and teens (8-17y) with controlling and violent behaviour	Families in Focus Parenting Team Zoom Programme For 11 weeks	Tuesdays 9.30 – 11.45am Starts 22 nd September 2020 Contact Rowan Stewart: 07552 289598
Non-Violent Resistance (NVR) Parents of children and teens (8-17y) with controlling and violent behaviour	Families in Focus Parenting Team Zoom Programme For 11 weeks	Mondays 7.30pm – 9.30pm Starts 21 st September 2020 Contact: Karen Legge: 07384 243 765 or Deb Davis: 07880 179 204
Non-Violent Resistance (NVR) Parents of children and teens (8-17y) with controlling and violent behaviour	Families in Focus Parenting Team Zoom Programme For 11 weeks	Wednesdays 1 – 3 pm Starts 7 th October 2020 Contact: Saf Cooper: 07760990850

Course	Provider & Platform	Dates/Times/Contact
Parents Plus Adolescents Programme For parents of young people aged 10-17years	Families in Focus Parenting Team Zoom Programme For 10 weeks	Tuesdays 9.45 – 11.45am Starts 6 th October 2020 Contact Gail Hunter: 07584 202 855
Parents Plus Adolescents Programme For parents of young people aged 10-17years	Families in Focus Parenting Team Zoom Programme For 10 weeks	Tuesdays 7 – 9pm Starts 17 th November 2020 Contact Chris Hardy: 07552 289 599 or Natasha Kirby: 07464 510 313
Parents Plus Adolescents Programme For parents of young people aged 10-17years	Families in Focus Parenting Team Zoom Programme For 10 weeks	Wednesdays 9.45am – 12pm Starts 7 th October 2020 Contact Vicky Mundy: 07464 989 849 or Pauline Sparkes: 07464907637
Parents Plus Adolescents Programme For parents of young people aged 10-17years	Families in Focus Parenting Team Zoom Programme For 10 weeks	TBC Day time Starts October 2020 Contact Lucy Dixon: 07827 305457

Course	Provider & Platform	Dates/Times/Contact
Nurturing Programme For parent/carers of children aged 2-10y	Zoom Programme	Wednesdays 10am-12pm Starts 30 th September Contact: Shona Iles or Wendy Robbins 01179548882

Face to Face Programmes

Course	Venue	Dates/Times/Contact	Childcare available
Nurturing Programme For parents of children aged 2-10y	North Children's Centre Venue TBC	Tuesdays 9.30am – 11.30am Starts 8 th September 2020 For 10 weeks Contact Kate Fairhurst: 07778 441845	Crèche available
Strengthening Families Strengthening Communities	Wellspring Settlement 43 Ducie Road, Barton Hill BS5 0AX	Tuesdays 9.30am – 12.30pm Starts 22 nd September 2020 For 12 weeks Contact Sally Williams: 0117 9556971 ext 161	Please check with provider

Course	Venue	Dates/Times/Contact	Childcare available
Nurturing Programme For parent/carers of children aged 2-10y	Wellspring Settlement, 43 Ducie Road, Barton Hill Bristol BS5 0AX	Tuesdays 9.30m-11.30am Starts 22 nd September Contact: Shona Iles or Wendy Robbins 01179548882	Crèche available

Please do check with your local **Children's Centre** to see what further on-line and face to face parenting support is being provided. This web tool will help you locate your nearest Centre: <https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>

FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

Parenting Supervisor

Saf Cooper

M: 07760 990 850

saf.cooper@bristol.gov.uk

Parenting Specialists

Rowan Stewart

M: 07552 289 598

rowan.stewart@bristol.gov.uk

Vicky Mundy

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victoria.mundy@bristol.gov.uk

Vicky Collis

M: 07464 983 531

Vicky.collis@bristol.gov.uk

Pauline Sparkes

M: 07464 907 637

Pauline.sparkes@bristol.gov.uk

South Families In Focus Team

The Park

Daventry Rd

Knowle

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0117 903 7770

familiesinfocussouth@bristol.gov.uk

Parenting Supervisor

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Denise.quilty@bristol.gov.uk

Parenting Specialists

Karen Legge

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karen.legge@bristol.gov.uk

Chris Hardy

M: 07552 289 599

Chris.hardy@bristol.gov.uk

Lucy Dixon

M: 07827 305 457

Lucy.dixon@bristol.gov.uk

Kauser Perveen

M: 07464 983 529

Kauser.perveen@bristol.gov.uk

East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 357 6460

familiesinfocuseastcentral@bristol.gov.uk

Parenting Supervisor

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M: 07880 179 204

deborah.davis@bristol.gov.uk

Parenting Specialists

Gail Hunter

M: 07584 202 855

gail.hunter@bristol.gov.uk

Jude Elias

M: 07919 397 634

Judith.elias@bristol.gov.uk

Natasha Kirby

M. 07464 510 313

natasha.kirby@bristol.gov.uk

North Families In Focus Team

Ridingleaze

PO Box 3176

Bristol

BS3 9FS

0117 352 1499

familiesinfocusnorth@bristol.gov.uk

Autism Family Courses

NAS EarlyBird Programme (3 month course for Parents and Carers of children with a diagnosis of autism under 5 years)

Barnardo's Cygnet Course (7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years)

The Teenage Life Autism Course (Parent information and Advice Course for Parents of Children ages 8-18 years)

These are just some of the courses available for Parents and Carers who have children with Autism.

For more details on any of the Autism Family Courses,

See <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism> or **contact:**

Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

Tel: 07827 896 70

Email: menai.gore@bristol.gov.uk

The YARD Group for parents of Youths and Adolescents using Recreational Drugs-

8 x 1 1/2 hour sessions fortnightly: information, guidance and practical advice to parents of children who are using drugs or alcohol delivered by Bristol ROADS

For more details please contact:

Tel: 0117 916 6588

Email: family@dhi-services.org.uk

Online Parenting Courses / Advice and 1:1 Telephone Coaching

- **Family Lives**

Confidential Helpline: 0808 800 2222,

E-mail: askus@familylives.org.uk

Web: <http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

- **Netmums**

Web: <http://www.netmums.com/parenting-support/parenting-advice/netmums-parenting-course-about-the-courses>

- **NSPCC**

Tel: 0808 800 5000, Email: help@nspcc.org.uk or text 88858

Web: nspcc.org.uk/help

Web: <https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

- **Strengthening Families Strengthening Communities**

1:1 Telephone Coaching

Contact Sally Williams: 0117 9556971 ext 161 or

e-mail sallyw@bartonhillsettlement.org.uk

Web: <https://www.bartonhillsettlement.org.uk/span-family-support-2/>



BRISTOL
LEARNING CITY

Children & Families
PARTNERSHIP

Think Family

Nurture Groups

Does your child have a diagnosis? Or are you concerned that your child is developing differently to their peers?

This is a huge thing to be going through as a parent, and yet, with all attention on the child, parents are rarely asked how they are feeling.

Nurture Groups are currently forming in East Bristol, especially for the parents who seem to be on a different path to others.

Each group meets for eight weekly sessions, either on Zoom or face-to-face. It will be a space to

- *share experiences – being there for each other*
- *explore how to navigate the emotions - psychoeducation*
- *take a break from it all – nurturing activities to de-stress*

All are welcome, no matter how old your child is, and the groups are free of charge.

If you are interested in joining the next group, please contact Poppy on 07792189909

The project is funded by the National Lottery Community Fund and run in collaboration with East Bristol Children's Centres and Murmuration Community Therapy.



Training and Learning Opportunities

Free webinars for KS2 students in September



Webinar: Growing up in ancient Egypt

Date: 14 September 2020

Webinar: Hieroglyphics & hieratic – writing in ancient Egypt

Date: 21 September 2020

Webinar: From Stone Age to Iron Age

Date: 28 September 2020

To book for your class visit bristolmuseums.org.uk/learning

For more information and to sign up to our e-newsletter go to bristolmuseums.org.uk/learning
Enquiries: museumbookings@bristol.gov.uk | Tel 0117 922 3567

Therapeutic Art Group for Children

Aged 9 to 11 years

Maybe is running art groups for children and young people who are struggling with mental health difficulties such as anxiety, low mood, shyness, trauma and self-harm.

The aim is to provide young people with a safe space where they can:

- explore and express their feelings through art
- be around others who may have had similar experiences.



The Maybe Art Studio is based at:
Inwoods
Abbots Leigh Road
Bristol
BS8 3QA.

You can find directions on our website at: www.maybe-southwest.co.uk

Groups are run in sets of 5 weekly sessions, on Tuesdays from 4.45 to 6.15 pm.

The next set of 5 sessions are on:
22nd September 13th October
29th September 20th October
6th October

How to apply:

You can contact Maybe at maybesouthwest@gmail.com or on 0794 1218072 to enquire about a place for your child.

Groups are led by an accredited Counselling Psychologist registered with the HCPC and the BPS.

There is no charge for these groups, however, Maybe is a mental health charity so if you are able to donate towards your child's sessions to help us cover costs, we are always grateful.



Improving access to psychotherapy and therapeutic art

Therapeutic Art Group for Young People

Therapeutic Art Group for Young People

Aged 11 to 14 years

Maybe runs art groups for young people struggling with mental health difficulties such as anxiety, low mood, self-harm, and trauma.

Groups aim to provide young people with a safe space where they can:

- explore and express their feelings through art
- be around others who may have had similar experiences.



Groups run in sets of 5 weekly sessions, on Thursdays from 4.45 to 6.15 pm.

The next set of 5 sessions are on:

24th September 15th October
1st October 22nd October
8th October

How to apply:

You can contact **Maybe** at maybesouthwest@gmail.com or call 0794 1218072 to enquire about a place.

Groups are led by an accredited Counselling Psychologist registered with the HCPC and the BPS.

The **Maybe** Art Studio is based at:

Inwoods, Abbots Leigh Road, Bristol BS8 3QA.

You can find directions on our website at: www.maybe-southwest.co.uk

There is no charge for these groups, however, **Maybe** is a mental health charity so if you are able to donate towards your child's sessions to help us cover costs, we are always grateful.



Improving access to psychotherapy and therapeutic art



Youth Voice to Drive Social Change

Youth Voice, Rio Ferdinand Foundation

We are writing to invite your organisation and the young people you support to join our **Youth Voices** programme, developed in partnership with the Co-op and part of the Hope2020 campaign.

The **Hope2020 campaign**, which centres on the 20th Anniversary of Damilola Taylor's death, originally started out as youth-led campaign to tackle the issue of youth violence across London. Given the Covid-19 situation this year, the campaign has evolved into a national campaign of Hope for young people and their communities, rebuilding post-Covid.

The Youth Voices programme provides **online workshops and training** which can be selected to create bespoke journey's through the programme and completed at an individuals' or groups own pace. This includes a daily menu of workshops delivered every week from September to December.

Through the Youth Voices programme we aim to give young people the guidance, support and tools they need to **create impactful campaign pieces and social action projects** which make their voices heard, share their hopes for the future and drive meaningful social change for their communities.

Final campaign pieces will be shared as part of the **national Hope2020 campaign** and young people involved will have the opportunity to become Community Influencers as part of our ongoing commitment to amplifying youth voice.

To join the programme, please visit https://youthvoices_rff.eventbritestudio.com/ and either book the courses direct or speak with a member of the Rio Ferdinand Foundation team. We look forward to working with your young people.

Best wishes,

Rio Ferdinand
Patron & Trustee, Rio Ferdinand Foundation



These weekly Wellbeing workshops will help young people to explore emotional health and wellbeing, offering practical ways that they can support someone who is struggling and be inspired to support their own mental wellbeing.

Together we will explore ways to keep ourselves well, looking at mindfulness and setting our own goals for the soul.

Young people can take this as a stand-alone course or alongside our other Youth Voices training to create youth-led campaign pieces raising awareness around mental health or tackling other issues which may be important to them.

All young people need is a smart phone/tablet or other device and an internet connection.

Weekly sessions:

September every Monday from 1pm - 2pm

October every Tuesday from 1pm - 2pm

November every Monday from 1pm - 2pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



This weekly (x4 sessions) interactive Media for Action course supports young people to explore their passions and create meaningful social action projects tackling issues that are important to them, their community and their world.

These workshops complement our Youth Voices, smart-phone film-making and podcasting workshops as well as our Lyrics, Spoken Word and MCing sessions. The Media for Action workshops can be taken alone, however, if completed alongside these other workshops you will be guided to produce a range of media for action campaign pieces.

All young people need is a smart phone/tablet or other device and an internet connection.

Weekly workshops:

September every Tuesday from 1pm - 2pm

October every Monday from 1pm - 2pm

November every Tuesday from 1pm - 2pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



Leadership Skills (OCN Qualification)

Multiple Dates

Young people will gain a leadership qualification with this OCN accredited course designed by the Rio Ferdinand Foundation.

You can take this as a stand alone course or alongside our Youth Voices training to become a project lead in creating youth-led campaign pieces.

This interactive course takes place over a series of four short 2 hour online sessions. Featuring an online workbook and videos, young people will be doing research, filming their own speeches, engaging in discussions and feedback and will even sow the seeds for a team social action project. Learning outcomes include: understanding the key characteristics and skills of an effective leader, understanding the relationship between a leader and team member, knowing how to lead.

All young people need is a smart phone/tablet or other device and an internet connection.

Weekly sessions:

September every Thursday from 1pm - 3pm

October every Thursday from 1pm - 3pm

November every Thursday from 1pm - 3pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



Express Yourself: Lyrics, Spoken Word & MCing

Multiple Dates

For young people who enjoy writing lyrics, spoken word and maybe some MCing these workshops can help them to learn to express themselves, develop their style, ability, content and confidence.

On these four free one-hour workshops young people will be supported by Artist Tamsin to explore new writing tools as a team, working together on fun challenges, as well as investigating and developing their own individual styles.

These workshops are suitable for anyone, no matter of their level of experience or abilities. Each week young people will be set small guided learning tasks to create and produce their own impactful songs and spoken word pieces raising awareness and tackling issues that are important to them. Young people can take this as a stand alone course or alongside our other Youth Voices training sessions supporting them to create a range of media for action campaign pieces.

All young people need is a smart phone/tablet or other device and an internet connection.

Weekly workshops

September every Wednesday from 1pm - 2pm

October every Wednesday from 1pm - 2pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



Express Yourself: Smart Phone Film- Making

Multiple Dates

Whether young people are into storytelling, art, journalism, or vlogging, in this course we will discover the power of film to creatively communicate ideas and explore the world around us.

Young people can take this as a stand alone course or alongside our other Youth Voices training to create a range of media for action campaign pieces.

Using a smart phone, each week young people will be set small project tasks around making their own short smart phone film. Together, we will help participants explore and develop different techniques to improve their film-making. By watching films, setting ourselves challenges, and in group discussions, young people will learn about the different aspects of film (e.g. lighting, sound, film production) and get tips and advice for making their own films. By the end of the four week course, young people will have been guided to produce their own individual or group campaign film.

All young people need is a smart phone/tablet or other device and an internet connection.

Weekly sessions:

September every Friday from 1pm - 2pm

October every Friday from 1pm - 2pm

November every Friday from 1pm - 2pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



Express Yourself: Set Up Your Own Podcast

Multiple Dates

In these weekly online workshops young people will learn how to make their voice heard by setting up their own podcast.

Podcaster Hayley Rose Dean will teach you everything you need to know to set up your own podcast from home from the technical side through to the art of interviews and discussions.

Young people can take this as a stand alone course or alongside our other Youth Voices training sessions supporting them to create a range of media for action campaign pieces.

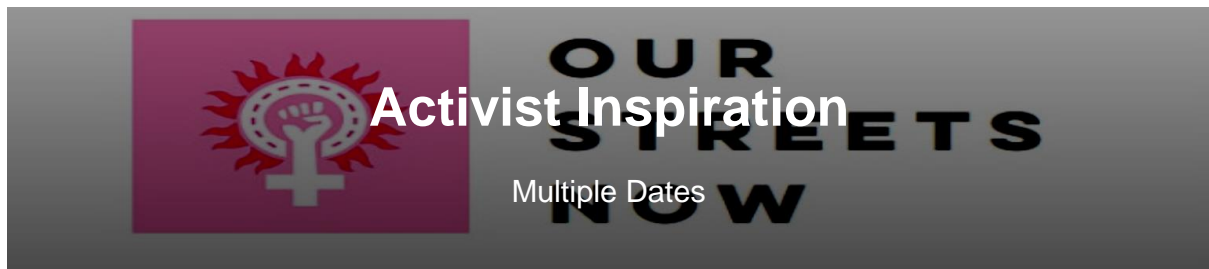
All young people need is a smart phone/tablet or other device and an internet connection.

Four x Weekly sessions:

Every Tuesday from 29th September from 4pm - 5pm

Every Tuesday from 3rd November from 4pm - 5pm

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.



Join our Activist Inspiration talks, in September we're interviewing the Our Streets Now Activists.

It started with a conversation. Two sisters, 15 and 21, spoke about how they experience the world as young women. How they feel scared walking home at night. How they feel anxious in an empty train carriage. How they feel sexualised in their school uniform. They raged about the fact that public sexual harassment is belittled, ignored and normalised. And they decided to do something. IT LED TO A MOVEMENT. Our Streets Now is a national campaign demanding an end to public sexual harassment.

Listen to their story and learn how you can speak out about your experiences to drive meaningful change for you, your community and your world.

Our Streets Now: Live interview and Q&A on Tuesday 15th September from 4pm - 5pm.

More activists to be announced soon. Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up



In October we are interviewing young activist Jess Leigh.

Hear from Jess on her journey through mental health and how youth activism played such a massive role in her recovery, the lessons Jess learnt from being a campaigner and how she came to do her own TedTalk.

Young people can listen to Jess's story and learn how they can speak out about their experiences to drive meaningful change for themselves, their community and their world.

Jess Leigh: Live interview and Q&A on Tuesday 27th October 4pm - 5pm.

Visit our studio page to find out more https://youthvoices_rff.eventbritestudio.com/ and sign up.

More Activist Inspiration sessions to be announced soon focusing on a range of important issues and themes.



Bespoke Journey's

CHOOSING THEIR OWN PATH

All young people can choose their own path through the Youth Voices programme and complete their selected online training, workshops and sessions at their own individual or group pace.

Our sessions take place daily from Monday to Friday, however, all our sessions are repeated each month from September to December. Your young people can choose the sessions they are interested in and create their own schedule and bespoke journey through the Youth Voices programme.

All sessions are designed to complement each other or work as stand alone initiatives for young people of any ability. If taken together as part of a journey, the sessions build a young persons understanding of social action and their confidence in using the various tools and media at their disposal. Our Express Yourself workshops in Lyrics, Spoken Word, MCing, Smart Phone Film-Making and Podcasting will guide young people to produce their own impactful campaign pieces to share as part of the campaign. All final campaign pieces will be shared via a multimedia national Hope2020 campaign in November and December 2020.

All young people will have their own learning journey certificate as shown over the page. Those who create campaign pieces will have the opportunity to become Community Influencers as part of our ongoing commitment to amplifying youth voices and supporting young people across the UK to become drivers of social change.

Find out more and sign your young people up for the programme by visiting https://youthvoices_rff.eventbritestudio.com/ or by getting in touch with a member of the Rio Ferdinand Foundation team by emailing info@rioferdinandfoundation.com.

YOUTH VOICES



Princes Trust

Online Development Programme



EXPLORE

4 Week Online Personal Development Programme

Are you 16-25 and keen to learn new skills and boost your confidence?

The FREE 4 week online training will cover:

- One-to-one support as well as group activities to help build confidence, get motivated, meet new people, identify and achieve goals
- Sessions help boost confidence, teamwork and communication and well-being. We also develop employability and independent living skills
- Personal development qualifications are available in Interpersonal & Self-management Skills, Participating in Exercise, Healthy Lifestyle, Career Planning, Money Management, and Presentation skills

Group Inductions take place every few weeks

For further info, please email solentoutreach@princes-trust.org.uk



Prince's Trust

GET STARTED IN SPOKEN WORD

**Helping young people use Spoken Word
as an outlet for their Mental Health**

**After the success of our first programme we are now
providing three more programmes to support writing
skills, confidence, self-esteem and mental health**

Dates for programmes:

**Taster Day: August 5th
Programme: August 10th - August 21st**

**Taster Day: September 16th
Programme: September 21st - October 2nd**

**Taster Day: October 21st
Programme: October 26th - November 6th**



Prince's Trust

**Cost: Free
Ages: 16-30
To sign up email:
Carmen.Benavides@princes-
trust.org.uk**



<https://www.princes-trust.org.uk/help-for-young-people/programmes>



Get Started with Photography

Are you 16-25 and want to learn new photography techniques from the comfort of your home?

**You'll also have the opportunity to earn a Bronze Arts Award.
To join the course email peri.macrae@princes-trust.org.uk or
call 0800 842 842**

**Taster Day: 22nd September 2020
Main Course: 28th September - 9th October**

GET STARTED:



MOBILE FILM MAKING

Taster Day: 23 September

Main Programme: 28 September- 2 October

Aged 16-25

Interested in learning new skills in Film Making
using your mobile phones?



Prince's Trust

Join our virtual Mobile Film Making Programme

AGED 16 - 25?

English and Maths classes at YES



MATHS

Mondays 14:30 to 16:00 from 7th September 2020
Tuesdays 13:00 to 14:30 from 8th September 2020



ENGLISH

Thursdays 13:30 - 15:00 from 11th September 2020
Fridays 13:00 - 14:30 from 12th September 2020

Join whenever you are ready

Choose to work towards Functional Skills accreditation and sit exams when you feel ready

Choose to build your skills and confidence without sitting exams

Attend workshops to meet 1:1 with a tutor or progression worker for support with your progression

All courses are held at:

YES, 3 Hide Market, Bristol BS2 0BH

Contact us to find out more: 0117 9739744

www.youtheducationservice.org.uk

Charity Number: 289848

Community Learning August Update

COMMUNITY
LEARNING

August Update

Based on the success and interest in our online courses since lockdown, there have been more **FREE** citywide online courses during the summer holidays and we have plans initially to offer more online courses at the start of the Autumn Term. We are working with our partners and venues to see where we can offer COVID-secure classroom venues in our local areas as well.

All our courses are for people **aged 19 plus** and aim to support those with few or no qualifications or on lower incomes.

For online courses we use *Zoom*, *Google Classroom* and *Facebook*, and support will be given to access courses. You will need a smart phone, laptop or tablet like an iPad and data for using the Internet.

We will also be running some face to face courses when we can around the city.

For more information and to keep up with what's on offer please see our website www.communitylearningwest.net or email lctinfo@bristol.gov.uk

Here's what courses we have coming up:

Family Learning

- **Cooking Together [Online]** – lots of summer recipes and help can be given for ingredients. Call **Helen 07760990855** or email helen.richards@bristol.gov.uk
- **We are Going on a Bear Hunt & Family First Aid** made fun + free book! Call **Helen 077960990855** or email helen.richards@bristol.gov.uk
- **Fun with Phonics** – 7-week course to help you support your child's learning, starts **Tuesday 15th September 10am-12noon**. Contact **Suzanne 07887451776** or email suzanne.gaffney@bristol.gov.uk
- **Bringing Books and Stories to Life** – 7-week family learning course after school, starts **Wednesday 23rd September 4.15-5.15pm**. Use crafts, plays, cooking, and songs to support your child's love of learning. This course is suitable for children up to and including Year 1. Contact **Suzanne G 07887451776** or email suzanne.gaffney@bristol.gov.uk

- **Building raised beds for a Community Garden** – dates tbc but will be outdoors so face-to-face at **Compass Point Children’s Centre, British Road BS3 3BZ**. Booking essential – contact **Lucy 07788353446** or email lucy.fieldhouse@bristol.gov.uk

Skills for Employment

- **Setting up your own Business** – Help and advice to set up your own business. August dates to be confirmed. Contact **Richard 07788353420** or email richard.davies@bristol.org.uk

- **Level 1 Award: Prepare to Work in Adult Social Care** course, Call **Suzanne G 07887451776** or email suzanne.gaffney@bristol.gov.uk

- **Budgeting Skills** – this will give you loads of tips and tools to manage your money, save and learn budgeting skills. August dates to be confirmed. Contact **Richard 07788353420** or email richard.davies@bristol.org.uk

IT Skills

- **IT for Employment** – intermediate, online and citywide 6/7 week course includes e-safety, word processing, spreadsheets, PowerPoint, using the Internet for job searches and support. Starts **Tuesday 10am-12pm 8th September** contact **Suzanne 07887451776** or email suzanne.gaffney@bristol.gov.uk

- **IT for Absolute Beginners** – Possible support to access equipment, details to follow.

First Aid

- **Emergency First Aid at Work** – face-to-face course on **Tuesday 15th and 22nd September** from **9.30-12.30** each session. This will be based at **The Park Centre, Daventry Road, Knowle BS4 1DQ**. Numbers limited due ensuring space is COVID-secure so hurry and book. Contact **Lucy 07788353446** or email lucy.fieldhouse@bristol.gov.uk

- **Emergency First Aid At Work** – citywide online course **Wednesdays 16th, 23rd and 30th September, 10-12noon**. TBC plus an additional practical classroom based session to gain the accreditation. Contact **Suzanne G 07887451776** or email suzanne.gaffney@bristol.gov.uk

- **First Aid for Outdoors** - more information to follow, this may run as a local outdoor course, for north and west Bristol. Contact **Suzanne G 07887451776** or email suzanne.gaffney@bristol.gov.uk

Health & Wellbeing

- **Eat Well, Live Well** – face-to-face course from **17th September to 22nd October** from **10am-12noon** weekly. The course venue is **Knowle West Health Park** with a limit of 6 spaces available. The course is also online so an option to learn from home. Build confidence and skills to budget, select and cook healthy meals for you or your family. Contact **Lucy 07788353446** or email **lucy.fieldhouse@bristol.gov.uk** Course will be repeated **Oct/Nov 2020**

- **Introduction to Health and Beauty** – face-to-face from **17th September to 22nd October** from **1.00-3.00pm** each week. Course is based at **Knowle West Health Park** with a limit of 6 spaces available. Course also online so option to learn from home. Full of tips and tools on health & beauty, and a chance to learn about progressing to college or employment as part of the course. Contact **Lucy 07788353446** or email **lucy.fieldhouse@bristol.gov.uk**. Course will be repeated in **Oct/Nov 2020**

ESOL

- **ESOL for Living (and working) in UK** – classroom and online (if needed) course in North and West Bristol, dates and venues to be confirmed when a venue is available, Autumn start date. Suitable for Entry Level learners. Will include job applications, CVs and where to get support. 10-week course, 2 hours a week, during the day. Dates to follow. Contact **Suzanne 07887451776** or email **suzanne.gaffney@bristol.gov.uk**

- **ESOL Conversation Clubs** - *Zoom* clubs available across the week, contact **esolconversationclubs@bristol.gov.uk** to book a place.

Future courses planned include:

Roof Over My Head, Brush Up Your English and English for Work/Employment, Health and Social Care that can help you into work, Stress Management and Building Resilience, Yoga for Confidence, Intro to Finding Work in Cleaning, Intro to Finding Work in Catering in NHS, a wide range of cooking courses including making a Community Cook Book, Craft for Wellbeing, other ESOL courses and much more. Check our website for details of all our courses **www.communitylearningwest.net**

COMMUNITY LEARNING



Intro to Health and Beauty

When: 17/9 to 22/10 weekly from 1.00-3.00pm

Where: 5, Knowle West Health Park,
Downton Rd, BS4 1WH

- * Want to learn beauty techniques?
- * Thinking of a job in health and beauty?
- * Need some time to pamper yourself?

Free course to build your skills, learn routes into work and decrease your stress. Taught face to face and on Zoom/Google Classroom. We can help you to get online. Places limited so hurry!

Find out more contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

COMMUNITY LEARNING

EMPLOYMENT SKILLS & LEARNING



Eat Well - Live Well

Free course to help you choose, budget for and cook tasty, healthy recipes for yourself or your families. Taught face to face and online and we will help get you online. Limited places so hurry and book now. Open to people aged 19 or over.



Date: 17/9/20 to 22/10/20

Time: 10.00 to 12.00 each week

Where: 5, Knowle West Health Park, Downton Road BS4 1WH (and online)

Contact Lucy on 07788353446 or email

lucy.fieldhouse@bristol.gov.uk

BRISTOL
LEARNING CITY

**WEST OF
ENGLAND**
Combined Authority



COMMUNITY LEARNING



Emergency First Aid At Work

Online course using Google Classroom and Zoom

Online course—Gain an Emergency First Aid At Work certificate. Gain the knowledge and confidence to deal with an emergency, - useful for work, volunteering and during lockdown. You will also get a FREE course manual.

You will need to attend an additional 2 hour practical assessment in a classroom, which will be needed to gain the accreditation.

Tutor: Nicola Gregory

Course would suit: Our courses are particularly for adults over 19 years with few or no qualifications, and/or who receive an eligible means tested benefit or who have a low income.

Dates: Wednesdays 16th, 23rd, and 30th September, 10-12noon, using Zoom and Google Classroom, plus Wednesday 7th October, 10-12noon, venue to be confirmed.

Find more details online at www.communitylearningwest.net or contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



COMMUNITY LEARNING



FREE -IT Skills for Work

Online course, starts 29th September Tuesdays, 10-12noon,

Do you want to improve your computer /digital skills to help you find work or help you in work, now or in the future.

Join an intermediate course which will include e- safety, word processing , spreadsheets and making presentations.

Find out about the ways2work website, National Careers Service or Future Bright support, to help you move on.

Tutor: Carmel Zapata

This course will use Google Classroom and Google Meet, and online resources. Support will be available to use this IT platform. Our courses are for adults aged 19years plus, with few or no qualifications and/or with a low income or in receipt of benefits.

Find more details online at www.communitylearningwest.net
email suzanne.gaffney@bristol.gov.uk or
contact me on
07887451776.



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



COMMUNITY LEARNING



Intro to Fun with Phonics

FREE 7 week course online
Starts Tuesday 22nd September, 10-12noon, TBC

This FREE introductory online family learning course offers activities for you and your child /children to do at home. Activities to help your children learn sounds and be more interested in reading and writing. You will learn how games and activities can make learning more fun.

Course would suit: Adults aged 19+ and your child/children up to key stage 1

Our courses are for adults with few or no qualifications, and/or a low income or in receipt of benefits,

Find more details online at

www.communitylearningwest.net or contact Suzanne

for more information on 07887451776

suzanne.gaffney@bristol.gov.uk



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



COMMUNITY LEARNING



Bring Books and Stories to Life

FREE 7 week online course, starts Wednesday 23rd
September, 4.15 to 5.15pm

This **FREE** online family learning course offers activities for you and your child /children to do at home. IT support will be given. Use a favourite book, rhyme or story to make a Story Sack for your child.

You will explore how using art and crafts, cooking together, play acting, and songs can bring a story to life and make reading more fun.

Course would suit: Adults aged 19+ and your child/children from nursery to year 2. Our courses are for adults with few or no qualifications, or with low incomes.

Find more details online at

www.communitylearningwest.net or contact Suzanne
for more information on 07887451776
suzanne.gaffney@bristol.gov.uk



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



COMMUNITY LEARNING



ESOL English for Life course



Come and learn the English you need for working and living in the UK.

Course would suit: Adults over 19 years wanting to improve their English skills., at Entry Levels. **This course is free for everyone in receipt of an eligible means tested benefits, or if you earn less than £17, 004 a year, otherwise fees may apply.**

Course starts: October , a Monday or Wed. day time, to be confirmed. No sessions in school holidays. 10 week course x 2 hours a week.

Venue: Henbury, Brentry or Lawrence Weston venue when safe to offer this but this course may include online sessions as well.

You will need ID, evidence of benefits and your national insurance number to enrol on the course

For more details email suzanne.gaffney@bristol.gov.uk

www.communitylearningwest.net

Phone Suzanne on 07887451776



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



AUTUMN TERM COURSES

19+ Community Learning courses at YES



MAKE NUMBERS WORK

Monday mornings 09:30 - 11:30

Meet and greet: 14th September 2020

Course start date: 21st September 2020

Course end date: 14th December 2020



DIGITAL SKILLS AND ASSISTIVE TECHNOLOGY



Tuesdays mornings 10:00 12:00
Meet and greet: 29th September 2020

Course start date: 6th October 2020
Course end date: 1st December 2020

WHAT'S IN MY COMMUNITY

Wednesday mornings 11:00 - 13:00

Course start date: 23rd September 2020

Course end date: 16th December 2020



MAKE WORDS WORK

Thursday mornings 10:00 12:00
Meet and greet: 18th September 2020

Course start date: 25th September 2020
Course end date: 18th December 2020

DYSLEXIA SUPPORT

Friday mornings 10:00 - 12:30

Meet and Greet: 2nd October 2020

Course start date: 9th October 2020

Course end date: 4th December 2020



All courses will be held at:
YES, 3 Hide Market, Bristol BS2 0BH



Call us to find out more: 0117 9739744





Our course Working Together has been running online and we have just announced the next block of sessions. We offer a short, bite-sized online employment course that focusses on helping people prepare for work. The areas we cover are:

1. Reasonable Adjustments in work and the Access to Work scheme.
2. How to disclose your condition/disability to an employer and when to do it (Positive Health Disclosure)
3. How to build/tailor a CV
4. How to build a Cover Letter and Volunteering
5. How to write a job application and in-work behaviours
6. How to prepare for a job interview, next steps/course completion.

The course is for:

- Those aged 18 or over
- Identify as having a long-term health condition or disability (including mental health issues, dyslexia, etc.)
- Are facing barriers to gaining employment
- Live within the South-West (BANES, Bristol, South Glos etc.)

During this course, there will also be the option to have some 1:1's with the tutor to discuss your current situation and receive some support with applications.

Our next course shall be starting on **Friday 28th of August from 1.30pm to 3.30pm** and will run for **6 weeks** (every Friday for 6 weeks).

If you think this course would be useful to anyone you are working with, you can fill in this form with their consent or they can fill it in themselves:

<https://bit.ly/wecilworkingtogetheronline>

If these next dates are not suitable but they would be interested in knowing about future courses, they can fill in this shorter form: <http://bit.ly/workingtogethercontactme>

Best wishes,

For the latest news on our employment courses go to our [employment services page](#)



Construction jobs you can count on.

Train for a Level 1 BTEC Certificate in
Construction and your CSCS card

The course will qualify you to work on site within the construction industry. While enjoying this exciting and interactive course, you will have the opportunity gain further qualifications in personal development for employment and an opportunity to complete the CSCS test. Through your training you can meet employers looking to recruit construction staff.

Labouring, handy men, painters, carpenters immediate central Bristol starts, competitive rates of pay. Free PPE (hat and high vis) on successful interview.

To register your interest or find out more, please contact:
Enquiries@PIB.cityofbristol.ac.uk or 0117 312 5777

Course Details

Two-week course starting both online and at our Parkway Campus. 9.30 to 16.30 on weekdays.

Course Dates

- 14th September
- 28th September
- 19th October
- 9th November
- 30th November



#makingadifference

Get paid to enjoy exciting sporting events and festivals

Train for a Level 2 Certificate in Spectator
Safety with the South West Security and
Stewarding Academy

The course will qualify you to work at events such as football matches, festivals, concerts and other publicly-attended mass gatherings.

While enjoying this exciting and interactive course, you will have the opportunity to gain further qualifications in customer service and first aid.

Through your training you can meet employers looking to recruit stewarding staff.

Course Details

Two-week course starting both online and at our Parkway Campus. 9.30 to 16.30 on weekdays.

Course Dates

- 14th September
- 28th September
- 19th October
- 9th November
- 30th November

To register your interest or find out more, please contact:
Enquiries@PIB.cityofbristol.ac.uk or 0117 312 5777

#makingadifference

IT skills for work and life

Train for a Level 1 Certificate in IT User Skills (ITQ)

This course will support you to develop your IT skills in preparation for a new career and enhance your ability to participate within the digital world.

IT is an essential skill through work and life, in this ever changing world.

While enjoying this exciting and interactive course, you will have the opportunity to gain a thorough understanding of the Microsoft Office suite.

Course Details

Two-week course starting both online and at our Parkway Campus. 9.30 to 16.30 on weekdays.

Course Dates

- 28th September
- 19th October
- 23rd October

IT skills for work and life

Train for a Level 2 Certificate in IT User Skills (ITQ)

This course is a direct progression from our level 1 IT user skills course and will enable you to further develop your IT skills in preparation for a new career and enhance your ability to participate within the digital world.

IT is an essential skill through work and life, in this ever changing world.

While enjoying this exciting and interactive course, you will have the opportunity to gain a thorough understanding of the Microsoft Office suite.

Course Details

Two-week course starting both online and at our Parkway Campus. 9.30 to 16.30 on weekdays.

Course Dates

- 2nd November
- 7th December

To register your interest or find out more, please contact:

Enquiries@PIB.cityofbristol.ac.uk or **0117 312 5777**

Together we can deliver a new career in Warehousing, Storage and Logistics!

Train for a Level 2 BTEC Certificate in Warehousing and Storage

The course will qualify you to work in a rapidly expanding industry with many different career opportunities, with over 16% of current vacancies advertised within the south west. This sector has grown by 130% since Covid.

While enjoying this exciting and interactive course, you will have the opportunity gain further qualifications in personal development for employment. Through your training you can meet employers looking to recruit distribution staff.

Course Details

Two-week course starting both online and at our Parkway Campus. 9.30 to 16.30 on weekdays.

Course Dates

- 14th September
- 28th September
- 19th October
- 9th November
- 30th November

To register your interest or find out more, please contact:
Enquiries@PIB.cityofbristol.ac.uk or 0117 312 5777



#makingadifference

Royal Mail Group Careers

Christmas recruitment

Here at Royal Mail, Christmas is our busiest time of year. With so many parcels and letters coming through our warehouse doors, it's no surprise that we need a few thousand extra helping hands to get everything where it needs to go. That's why, every year, we hire temporary Mail Centre workers from all different walks of life to help us deliver Christmas across the UK.

Register your interest

Our Christmas jobs are not available yet. You can check again from mid-September or leave your details to be contacted

Find out more

GUIDE TO APPLYING FOR CHRISTMAS CASUAL ROLES



To apply for a Christmas Casual role within Royal Mail, search online:
christmasrecruitment.royalmailgroup.com
to take you to our Temporary Jobs page.

Horumar Community Development Programme



Cohort 2

Horumar
Community

STEPPING UP

Horumar Somali Women's Development Programme

Do you want to increase your confidence, and move into meaningful career or self employment ?

Starting 16th September 2020

Monthly workshops with graduation certificate presented by the Mayor Marvin Rees

Click the link in the description to register or contact us via contact@horumar.co.uk





Career Development Support for women in North Bristol



Future Me provides one-to-one support to help women improve their employability and set them on the road to a satisfying career.

It offers:

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

Future Me is open to women who are at home with young children, unemployed or working part time.

Contact: Lavern Forbes
lavern@northbristoladvice.org.uk
07936 943 583
www.northbristoladvice.org.uk



Press Release

For immediate release: 1 September 2020

New Careers Support for Women in North Bristol

A new project offering careers development support for women in North Bristol has been launched, aimed at mums with young children and women who are unemployed or in part time work.

Future Me provides one to one support to women looking to improve their employability and work towards a career of their choosing. The year-long programme offers a full package of support to help women identify their career goals, access the training and skills needed and overcome barriers. Future Me is run by North Bristol Advice Centre (NBAC).

“It’s about helping women get the career they want, instead of just fitting into a job,” says Lavern Forbes, project coordinator. “We want to support women to raise their aspirations and help them avoid becoming trapped in low paid, unskilled work.”

The project is open to women who are not currently in full time work. This includes unemployed and part time workers. It’s particularly aimed at women with young children as it provides a unique opportunity to use the time before their children enter full time education to start the process of part time training to develop their own career.

“This is a new area of work for NBAC,” says Sally Gapper, NBAC CEO, “We know that mums with young children are under pressure to get into work under Universal Credit and that women have been hugely impacted by Covid-19. The aim is to set them on the path to meaningful employment and increase their financial wellbeing in the long term.”

Future Me builds on the success of the Buzz Employability Project, run by Buzz Lockleaze CIC. The social enterprise, which was set up by NBAC, was dissolved in August 2020. NBAC Trustees agreed to take on the employability work as it

aligns with the organisation's aim of promoting social justice and combating poverty.

Future Me is funded by Bristol City Council.

FOR MORE INFORMATION CONTACT:

Katherine Tanko

North Bristol Advice Centre

0117 951 5751 or 07887 397 021

katherine@northbristoladvice.org.uk

Notes:

1. **North Bristol Advice Centre (NBAC)** is an independent charity based in Lockleaze, North Bristol. Founded in 1984, it provides free and independent advice and support in North Bristol and South Gloucestershire including welfare benefits advice, debt advice, complex casework including representation at appeal, Get Online digital inclusion project and Community Navigators supporting older people to combat isolation. Due to Covid-19, NBAC currently provides all advice services online or by telephone. To find out more visit www.northbristoladvice.org.uk

2. **Future Me** provides one-to-one support to help women improve their employability and is open to women in north Bristol not currently in full time work. It offers:

- Careers advice and guidance to help you identify a career path.
- Step by step Action Plan to support you to achieve your career goal.
- Support to find the right course or qualification, including contacting the Training Provider and helping you to enrol.
- Follow up support with regular reviews so we can address any issues that may crop up.
- Act on your behalf to address any barriers currently preventing you from training and career development.
- Signpost you to courses or activities to help to build your confidence.

3. **Universal Credit** is said to “discriminate against women by design” (CPAG 2018).

Since April 2017, parents receiving Universal Credit have been required to start looking for work once their youngest child turns three. Previously, it was when the child turned five. This is particularly challenging for single parents, 90% of whom are women. For the first time, parents of pre-school aged children must look for work or risk being sanctioned. As a result, women often enter low paid, unskilled work to avoid sanctions, becoming stuck in a poverty trap. The age at which a child's parent must find work if they are on various benefits has been steadily decreasing from 16 years old in 2008.

4. **Buzz Lockleaze CIC** was established by North Bristol Advice Centre in 2014. Based in a Lockleaze, it ran a community café, food shop, garden, enterprise hub and employability project in a building acquired under Community Asset Transfer. Due to Covid-19, the café and shop ceased trading in March and Buzz was no longer viable under its existing financial model. The organisation was dissolved in August 2020. The employability work was taken on by North Bristol Advice Centre, including all employability staff and volunteers.

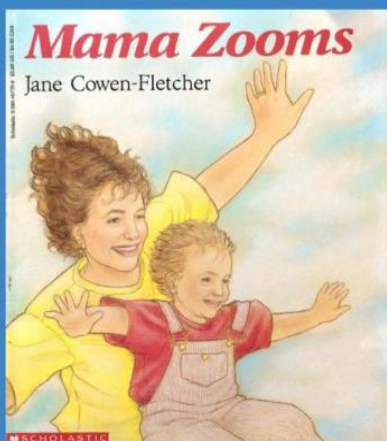
Resources

10 Brilliant Books for Young Children with Disabled Characters

Article by Jess Moxham www.son-stories.com

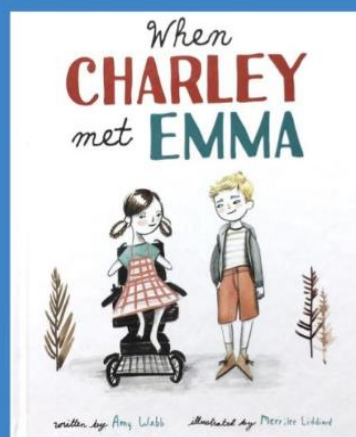
1 MAMA ZOOMS by JANE COWEN-FLETCHER

A mother pushes her child around on her lap in her wheelchair - pretending to be a racehorse, an airplane, a spaceship. 'Mama's got a zooming machine and she zooms me everywhere.'



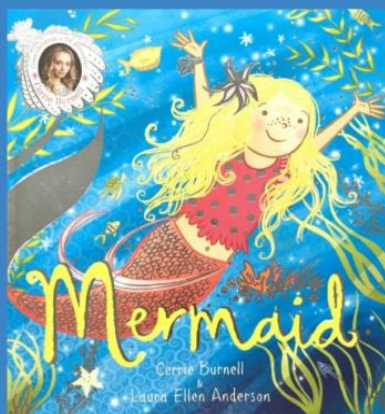
2 WHEN CHARLEY MET EMMA by AMY WEBB & MERRILEE LIDDIARD

Charley meets Emma, a girl with limb differences, and learns that different is okay. 'That's right!' Emma said. 'I am a little *different* than you, but I'm a lot the same too!'



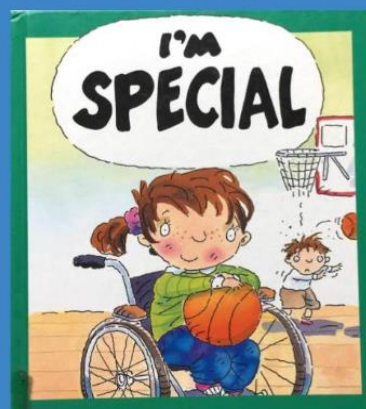
3 MERMAID by CERRIE BURNELL & LAURA ELLEN ANDERSON

Sylvia teaches Luka how to swim and they become friends. 'Why are you in a wheelchair?' they murmured. 'Because she's a mermaid!' cried Luka, 'and she comes from a palace beneath the sea.'



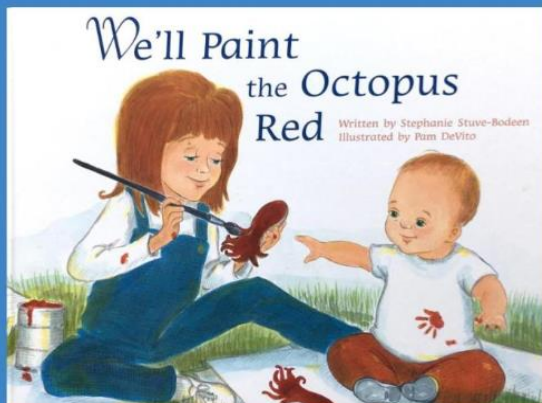
4 I'M SPECIAL by JEN GREEN & MIKE GORDON

Sarah uses a wheelchair and introduces her friends Jo, who loves science and can't see well, and Ben, who loves swimming and can't hear. She talks about how people treat her: 'When grown-ups ignore me and talk to Mum as if I wasn't there, I feel cross.'



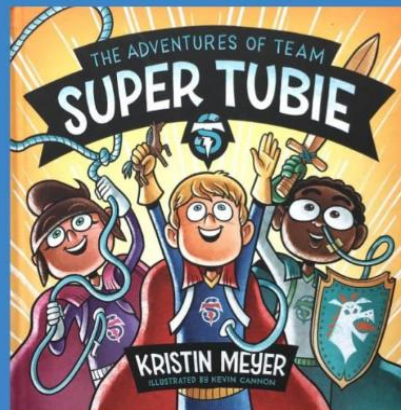
5 WE'LL PAINT THE OCTOPUS RED by STEPHANIE STUVE-BODEEN & PAM DEVITO

Emma has a new baby brother and he has Down syndrome. Her dad says this means he'll be able to do all the things Emma wants him to do, perhaps differently. 'My dad said that he was positive Isaac could do that if I showed him how.'



6 THE ADVENTURES OF TEAM SUPER TUBIE by KRISTIN MEYER & KEVIN CANNON

The three superheroes all have different feeding tubes which make them strong enough to fight fires, rescue princesses and catch bandits. 'When it came to growing strong, he had a different way - he used a feeding tube in his nose every day.'



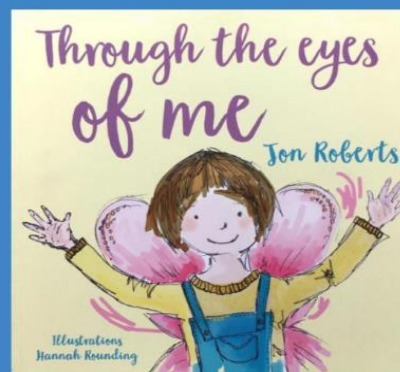
7 HIYA MORIAH by VICTORIA NELSON & BODDZ

Moriah talks about her stays in hospital, her feeding tube, tracheostomy, sign language, and what she enjoys. There's a good explanation of equipment. 'An aid in my ear also helps me to hear, but shh! At clean-up time, I make it disappear!'



8 THROUGH THE EYES OF ME by JON ROBERTS & HANNAH ROUNDING

Kya is autistic and talks about all the things she likes and doesn't like. 'I love reading books and looking at stickers. But be careful, I also enjoy ripping them up.'



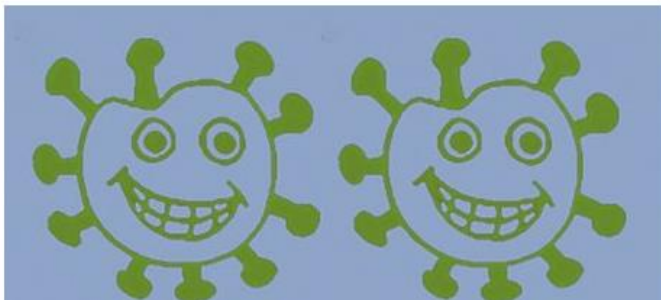
9 THE ABILITIES IN ME - TUBE FEEDING by GEMMA KEIR & ADAM WALKER-PARKER

The main character talks about the different feeding tubes she has had and how they have felt. 'When I had my PEG and Mic-Key, it had to be cleaned each day. This was so it kept me healthy and I could go out to play.'



10 SIMPLY MAE by KYLE FIORELLI & KELLEN ROGGENBUCK

Mae has a walker named Wendy which helps her go on adventures. 'Little Mae along with trusty Wendy, can always be found in the backyard at play.'



COVID Resources

Managing your mental wellbeing during the Coronavirus outbreak is tricky. That's why our Early Intervention Team have created resources for children, teens and parents.

Click on a button below to access our PDF packs!

**Manage Anxiety:
Under 12's**



**Manage Anxiety:
Teens**



**Manage Anxiety:
Parents' Guide**



**Manage Anxiety:
Learning Disabilities Edition**



**Manage Anxiety:
Autism Edition**



**Managing Behaviour:
Parenting Support**



<https://www.camhsgrampian.org/covid>



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember. It's ok not to be ok. We all have difficult days.

14 Talk kindly to yourself like you would to someone you love.

21 Remind yourself that you are loved and worthy of love.

28 Accept your mistakes as a way of helping you make progress.

TUESDAY

1 Remember that self-care is not selfish. It's essential.

8 Notice the things you do well today, however small.

15 Find a caring, calming phrase to say to yourself when feeling low.

22 Look at photos from a time with happy memories.

29 Write down three things you appreciate about yourself today.

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed.

9 Avoid saying 'I ought to' or 'I should' to yourself.

16 Notice what you are feeling today, without any judgment.

23 Let go of other people's expectations of you today.

30 You matter. Remember that you are enough, just as you are.

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans.

10 Give yourself permission to say No to requests from others.

17 Leave positive messages for yourself to see regularly.

24 Ask a trusted friend to tell you what they like about you.

FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes.

11 Aim to be good enough, rather than perfect.

18 Don't compare how you feel inside to how others appear outside.

25 Release yourself from inner demands and self-criticism.

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it.

12 Let go of being busy. Allow yourself to take some breaks today.

19 Get active outside and give your mind & body a natural boost.

26 Find a new way to use one of your strengths or talents today.

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time.

13 Make time today to do something you really enjoy.

20 No plans day - make time to slow down and be kind to yourself.

27 Take your time. Make space to just breathe and be still.



Self-care is not selfish. You can't pour from an empty cup.



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

<https://www.actionforhappiness.org/>