

**Families in  
Focus**



**Children &  
Families  
PARTNERSHIP**

## October 2022 Families in Focus Bulletin - Part 1

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

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

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

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

**Part 2 – Information and Support for Practitioners**

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

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

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# Information and services for children and young people

## Prince's Trust Free Programme: Get Started with Photography

The Princes Trust and Ben Film Photography present:



Prince's Trust

# GET STARTED WITH PHOTOGRAPHY


16-30?  
Not in employment,  
education or  
training?

Living in Bristol,  
Gloucestershire,  
Somerset or  
Wiltshire?

### Interested in Digital Photography & developing your skills?

During this FREE two-week online programme you will:


- Work with an industry professional to explore the process of photography whilst developing skills required for a career in the field
- Explore your local area and apply your new found skills
  - Create a portfolio of your work
  - Have the chance to meet new people and improve your confidence
- Access 1:1 support post programme to help you with your next steps



➤ Taster Day : Tuesday 8th November  
➤ Main Programme : Monday 14th - Friday 25th November 2022  
➤ Next Steps day: Wednesday 7th December  
➤ Location : Microsoft Teams

## SIGN UP TO FIND OUT MORE

Email: [harry.bates@princes-trust.org.uk](mailto:harry.bates@princes-trust.org.uk) /  
[Beth.melton@princes-trust.org.uk](mailto:Beth.melton@princes-trust.org.uk)  
Contact Number: 07483991392 / 07484097259



BENJAMIN FILM  
Photography

## Community Learning: Avonmouth Basic Computers Course

IT / HOME

### GET DIGITAL/BASIC COMPUTERS course

**STARTS FRIDAY 18<sup>th</sup> NOVEMBER, 10am – 12pm, 5 WEEKS, TBC  
AVONMOUTH COMMUNITY CENTRE,  
257, AVONMOUTH ROAD, BS11 9EN**

- Learn basic digital skills – how to get started, navigate your way around a laptop, set up and use an email address (if needed), use a safe password, use the internet safely and complete an online application form
- Use the internet to explore energy saving top tips and your energy provider's website – if needed
- If you don't have access to an IT device, there may be an opportunity to get a refurbished laptop (for the over 50s).

**Email: [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) Phone: 07887451776**

**Eligibility: This is especially for adults aged 19 years plus with few or no formal qualifications. Please speak to Suzanne about eligibility.**



**COMMUNITY  
LEARNING**

**[communitylearningwest.net](http://communitylearningwest.net)  
[ictinfo@bristol.gov.uk](mailto:ictinfo@bristol.gov.uk)  
01172 510230**

Prince's Trust: Cash Grant Development Awards



# Get funding to train and learn

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

They can help cover the costs of:

Accredited course fees up to Level 3 (A-level equivalent)

Tools, equipment or uniforms for a job or qualification

Job licence fees

Transport to a new job until your first pay slip

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

## For more information:

☎ 0800 842 842

✉ [carmen.benavides@princes-trust.org.uk](mailto:carmen.benavides@princes-trust.org.uk)



Prince's Trust

**START  
SOMETHING**

## Off The Record – Mental Health and Networking for Young People



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

### What's On



### Get In Touch

Check out our website to read more about our services and sign up: [otrbristol.org.uk](http://otrbristol.org.uk)

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

Send us an email at [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)



## Change The Record

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

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

Read more and access the survey here: [otrbristol.org.uk/2022/03/change-the-record](https://otrbristol.org.uk/2022/03/change-the-record)

## Hubs

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

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

You can read more about Hubs here: [otrbristol.org.uk/what-we-do/hubs](https://otrbristol.org.uk/what-we-do/hubs)

## Off The Record: FAQs

### **FREQUENTLY ASKED QUESTIONS!**

#### **WHAT IS YOUR WAIT FOR 1:1 THERAPIES?**

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

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

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

#### **WHAT IF I'M NOT SURE WHAT TO CHOOSE?**

There is loads of information about our projects on our website, and we often post about them on our social

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

#### **HOW DO I SIGN UP?**

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

**OTRBRISTOL.ORG.UK**

## Off the Record: Frequently Asked Questions

### **WHAT HAPPENS AFTER I SIGN UP?**

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

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

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

### **CAN SOMEONE SIGN UP ON MY BEHALF?**

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

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

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

### **WHAT ARE MY RIGHTS AT OTR?**

At OTR, you have the right to:

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

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

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

**Complaints** - finally, you have the right to complain if you aren't happy with something that has happened at OTR. You can do this by phone, email or by filling

out the feedback form on our website: [otrbristol.org.uk/feedback](http://otrbristol.org.uk/feedback).

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

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

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

Forward: Free online chat support for Substance Abuse and Mental Health

**Concerned about a loved one?**

**Struggling with drugs, alcohol or mental health?**

**Contact our live chat service, Reach Out!**

**What is Reach Out?**

Reach Out is The Forward Trust's online live chat service offering free, confidential support. We know how easy it is to feel isolated or overwhelmed by struggles with addiction, mental health and other challenges. We recognise sometimes the most important thing is just having somebody to talk to. If ever you want to reach out, we're here to listen. We may suggest other resources and organisations that can help.

**Who is it for?**

Anyone aged 16 and over can get support from Reach Out - whether it's for yourself or a loved one. We are not a crisis line but somewhere to come for a friendly conversation.

**When is it available?**

Visit the Forward Trust website Monday-Friday: 9am-3pm (excluding weekends and UK Bank Holidays) to start chatting: [www.forwardtrust.org.uk](http://www.forwardtrust.org.uk)

**forward**

Registered Charity No: 1001701 | Registered Company No: 2560474

## Support for Children Impacted by a Parent's Drinking



### Free helpline

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



**Call**  
0800 358 3456



**Email**  
helpline@nacoo.org.uk



**Message Boards**  
nacoo.org.uk/messageboards

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

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

### Nacoo's aims

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

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

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

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

### Patrons

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

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



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



[nacoo.org.uk](http://nacoo.org.uk)

Registered Charity No: 1009143



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

### Do you....

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

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

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

Feel confused when mum or dad change when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?

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

### Things to remember

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

### The Nacoo Promise

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

### Ways to feel better

#### Talk to someone you trust

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

#### Find time for things you like

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

#### Talk to Nacoo

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

#### Read other children's stories

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

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

0800 358 3456

[nacoo.org.uk](http://nacoo.org.uk)



[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

## Bristol Mental Health & Wellbeing Directory

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

[Download it here:](#)

<https://bnssgccg.nhs.uk/library/bristol-mental-health-and-wellbeing-directory-services-children-and-young-people/>

# Bristol Mental Health and Wellbeing



Directory of Services for Children and Young People



## The Princes Trust – Get Started with Horses



**GET STARTED**

**16-30?**

**HORSES**

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

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

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

Taster Day: Monday 17th October 11am - 1pm  
Programme: Monday 24th - Friday 28th October 10am - 3pm  
Next Steps Day: 2nd November 10am - 3pm

**Interested?**  
sam.walton@princes-trust.org.uk  
0800 842 842



Young Bristol – October Holidays Activities

registered charity no. 301061



# WHAT'S ON!

## October holiday clubs 2022

ASHTON VALE CLUB FOR YOUNG PEOPLE	
Monday 24th - Wednesday 26th	6:30pm - 8:30pm
AVON YOUTH CLUB	
Monday 24th - Thursday 27th	6:00pm - 7:30pm
BROAD PLAIN AND RIVERSIDE YOUTH PROJECT	
Monday 24th and Tuesday 25th	9:30am - 3:30pm
BS14 YOUTH CLUB	
Monday 24th - Friday 28th	8:30am - 4:30pm
HARTCLIFFE CLUB FOR YOUNG PEOPLE	
Saturday 22nd push bike trip 8-11 years	8:30am - 4:30pm
Monday 24th - Club adapt members	8:30am - 4:30pm
Wednesday 26th - Friday 28th Barton Camp residential	For 12-16 year olds
Saturday 29th Family Halloween Disco	6pm - 8:30pm
SEA MILLS BOYS' AND GIRLS CLUB	
Coming soon	Coming soon
THE GROVE @ BEDMINSTER DOWN	
Monday 24th and Tuesday 25th	10am - 2pm

## Youth Moves – LGBTQ+ Group

**LGBTQ+  
GROUP**

To sign up email:  
[sign.up@youthmoves.org.uk](mailto:sign.up@youthmoves.org.uk) or message  
07565243266 with your name, date of birth,  
contact number (If you have one)  
we will then reply with location, time/date of  
the session.  
Age Range  
13-18 year olds

 For more info at :  
[www.youthmoves.org.uk](http://www.youthmoves.org.uk)



# Information and services for parents / carers

## Bristol Libraries: Opening Hours

**Bristol Libraries – opening hours**

From 14 Mar 2022

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

For further details of available services, please visit [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

Imayla: Free Creative Animation Workshop for 7-12yo

# ANIMATED PUPPETRY WORKSHOP!

Free creative animation workshop -  
suitable for 7 - 12 yrs.

**TUESDAY 25TH OCTOBER 2022**

**14:00-16:00**

**LOCATION: HOPE CAFE & CHURCH, BS11 0LT**



Join Imayla to design, make, animate and  
film your own 'Imaginary friend' puppet  
character!



**BOOKING REQUIRED:**

**CONTACT [LOUISA.GARVEY@IMAYLA.CO.UK](mailto:LOUISA.GARVEY@IMAYLA.CO.UK)**

**OR 07702511131 FOR MORE**

**INFORMATION.**



## The Vench: Play Sessions and Youth Group



### About

We're The Vench, Lockleaze, a much-loved adventure playground, youth and community centre run by the charity Groundwork South. We offer a range of activities and services for all ages and a fun environment to help children and young people play learn & grow.

*All our activities are aimed at local young people in the Lockleaze ward area.*

*Exciting drop slide / sports pitch / indoor arts space / music / trampoline*

### Play Sessions




Play sessions for children aged 5-12  
*Children under 8 must be accompanied by an adult*

#### Opening Times

**Term time: Tuesday 3.30pm - 6.00pm**  
**Thursday 3.30pm - 6.00pm**

#### School Holidays:

**Mon-Fri 10am - 2pm**

Children's bike workshop every Thursday in term time 3.30-6pm with   
Recommended donation £2-£4 (for those able to donate)



### Youth Group

For ages 11-17, offering a fun mix of sports, games and activities.

**Term Time: Open Access: Tuesday 7 - 8.30**

**CYN & Vench : Wednesday 5 - 6.30**

**Holidays: Tues&Weds 3 - 4.30**

Recommended donation £2-£4 (for those able to donate)



CREATIVE  
YOUTH  
NETWORK.

All young people must be registered to attend these sessions, please go to our website to do this.

## The Vench: Clubs, Under 5s, Family Support Activities



### CLUBS

**Lockleaze Foxes Netball**, Mondays 5-6pm for girls aged 11-14yo.

**Cooking Club** - Mondays 4:30-6pm for 8-14yo.

### Under 5's

**Seedlings Baby Group** - Mondays 9.15-10.45am &

**Saplings Toddler Group** - Fridays 9-11am

**Little Lockleaze Legends** - Mondays 9:30-11 for children 2-5yo.

### Family support & Activities

**FOODclub** - Tuesdays or Fridays between 9:30-11:30am

(Lockleaze families can join for £1 a year. As a member, you can pick up a share of food for £3.50, incl. fresh meat, dairy, fruit and vegetables (worth £15-20) )

**Beginners Gardening Group** - Thursdays 12-2pm

A friendly group of local people who work together to maintain the Vench Garden.

**Lockleaze Singing Group** - Thursdays 6.30-8pm

Donate  
with me!

### Contact us for more information

✉ Lockleaze@groundwork.org.uk ☎ 07710392078

📷 TheVench\_Groundwork 📘 @TheVench



Lockleaze Youth and Play Space, Romney Avenue, Lockleaze, BS7 9TD

## Rainbow North: Stay and Play Group



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

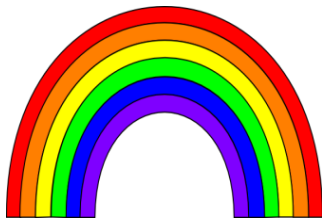


Community Children's  
Health Partnership

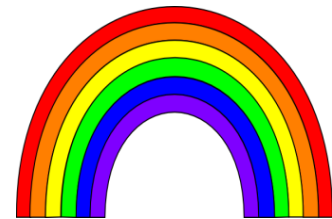


# Rainbow NORTH

A stay and play group for pre-school children  
with additional needs and their families



An opportunity for  
parents of children  
with Special  
Educational Needs  
& Disabilities to  
meet



Time to have fun,  
playing and  
learning together

A space for children to  
socialise and explore  
with a variety of  
resources

At

**Avonmouth Children's Centre on the corner of  
Catherine Street/Portview Road BS119LG**

**Rainbow NORTH is returning to weekly sessions**

**Monday's - 9.30-11.30am (term-time only)**

**However**, we would like to reserve the **FIRST Monday** of each Month for  
the younger aged child/ren who are 'Pre-Walkers', this session starts at  
10.00am

**For more information contact:**

Helen Cottrell - 07825 315732

Jo Crook - 07810 500222

**This group is for pre-school children, living in Bristol with special  
educational needs and disabilities and their families.**

**Snack will be provided for the children.**

## Bristol Libraries: Baby Bounce and Rhyme



# Baby Bounce and Rhyme



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

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

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



## Bristol Libraries: Storytime Sessions



# Storytime Sessions

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

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





Children's Scrapstore: Free Half-term Play Sessions

**FREE**

# OCTOBER HALF-TERM PLAY SESSIONS

Free stay & play open access activities  
aimed at over 8s

Younger siblings welcome with adult supervision,  
led by Children's Scrapstore

**TUESDAY 25TH @10.30AM-12.30PM**

**PARK BY BMX TRACK - BS11 0EZ**

**THURSDAY 27TH @10.30AM-12.30PM**

**PARK ON BEVERSTON GARDENS - BS11 0NJ**

Lunch will be provided for the children

Contact - [alys@childrensscrapstore.co.uk](mailto:alys@childrensscrapstore.co.uk) for more information



**Children's  
Scrapstore**



PLAYFUL  
BRISTOL

**COMMUNITY  
FUND**

Quartet  
Community  
Foundation

## Children's Scrapstore: Supporters Plus Card



### SUPPORTERS PLUS CARD!

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

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

Find this card on our online shop - [shop.childrensscrapstore.co.uk](http://shop.childrensscrapstore.co.uk) - or in store!



Charity No: 1008788 / [childrensscrapstore.co.uk](http://childrensscrapstore.co.uk)



The Vench: Mums with Green Thumbs Gardening Group



# MUMS WITH GREEN THUMBS

*Ran by Meg*

## Gardening group

**Beginning 6th October**  
**Every Thursday 12-2 (Term time)**  
**@ The Vench Lockleaze**



### "What will i do?"



We will be gardening using permaculture principles to create a fruitful and resilient garden.

Activities will include;

- Foraging and learning of wild medicines in stoke park,
- Community meals & sharing food around the fire.
- General garden maintenance (watering,harvesting,re-potting, planting)
- Indoor activities; flower pressing, wreath making, seed sorting,

### Welcoming all...

- All abilities welcome
- Dad's welcome
- Adults without children
- Kids under 2 welcome & kids over 2 welcome. (Please note the playground is out of bounds and we can't offer childcare)

Donate with me!



**Free**  
**(Donations welcome)**



## NHS Healthy Start: Get Help to Buy Food and Milk

### What is NHS Healthy Start?

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

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

You can also get free Healthy Start vitamins.

You'll get:

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

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



### What can I buy?

#### Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

#### Plain cow's milk

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

✗ It cannot be:

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

### Who can apply?

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

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

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

You will also be eligible for Healthy Start if:

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

#### Infant formula

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

✗ It cannot be:

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

#### Healthy Start Vitamins

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

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on **0300 330 7010**  
Our contact centre is open Monday – Friday,  
8am – 6pm (except public holidays)

Follow us on Facebook and Twitter  
[@NHSHealthyStart](https://www.facebook.com/NHSHealthyStart)

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

### How to apply

Visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Fill in the online application form

Receive your pre-paid card in the post

You'll need to activate your card to get your PIN before using it.

Shop for healthy food and milk in most retail stores that sells the eligible food and milk items and accepts Mastercard® payments.

You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

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

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

**NHS**

## Healthy Start

Get help to buy food and milk



Kids Matter: Free Parenting Group in Southmead

# WANT THE BEST FOR YOUR CHILD?

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

During the 6 weeks,  
we cover the following:

**Taster** – Come and see what it's like to be a Kids Matter group

**Session 1** – Being a strong family

**Session 2** – Loving our children well

**Session 3** – Play, encouragement and listening

**Session 4** – Routines, choices and rewards

**Session 5** – Family rules and consequences

**Session 6** – The bigger picture

**Booster** – Checking in 3 months later

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



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

**Hope to see you soon!**

Registered charity in England & Wales 1163617

## Shirehampton: Free English Conversation Club



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

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

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

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

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

**FREE ESOL Conversation Club**

**Every Thursday 10:00-11:00**

**Just turn up – no need to book**

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



**BRISTOL A LEARNING CITY**



## Support for Parents of Children with Autism: Free Workshops



# FREE Workshops

## Is your child on the Autism Assessment Waiting List?

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

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

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

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

### Bristol Parent Carers

E: [info@bristolparentcarers.org.uk](mailto:info@bristolparentcarers.org.uk)  
T: 07306 650 222  
W: [www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)

### North Somerset Parent Carers Working Together

E: [admin@nspcwt.org](mailto:admin@nspcwt.org)  
T: 01934 440 844  
W: [www.nspcwt.org](http://www.nspcwt.org)

### South Glos Parent Carers

E: [training@sglospc.org.uk](mailto:training@sglospc.org.uk)  
T: 07916 275 440  
W: [www.sglospc.org.uk](http://www.sglospc.org.uk)



**Working together for SEND families**

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS



## Support for Parents of Children with Autism: Free Workshops

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

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



### An Introduction to Understanding and Supporting Communication

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



### An Introduction to Understanding and Supporting Anxiety

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



### An Introduction to Understanding and Supporting Sensory Differences

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



### An Introduction to Understanding and Supporting Behaviour

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



**Working together for SEND families**

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS



## Free Monthly SEND Parent Support Session



# SPECIAL EDUCATIONAL NEEDS AND DISABILITY INFO SESSION

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

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

Scan here to sign up!



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

For more info on our online groups, visit  
[southmead.org/wellbeing/social-prescribing](https://southmead.org/wellbeing/social-prescribing)



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

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

## Parent Carer Support Groups and Walk and Talk Groups

We run a range of carers groups across Bristol and South Gloucestershire, as well as an online group which you can join from home. All our groups are welcoming new members, and they are a great way to get support, advice and connect with other carers. **Please call or email the group contact if you would like to join a group. We look forward to seeing you there.**

Group	Venue	Contact	Times	NOV	DEC	JAN	FEB	MAR
<b>Online Carers Support Group for Bristol and South Glos</b>	Zoom	Jan* Luke*	13.00 - 14.30 First Thurs	3rd	1st	5th	2nd	2nd
<b>Brislington Carers Group for carers of someone with dementia</b>	St Peters Church 170 Allison Road, Brislington, Bristol BS4 4NZ	Jan*	10.30 -12.30 First Wed	2nd	7th	4th	1st	1st
<b>Lawrence Weston</b>	Lawrence Weston Farm Community Room, Saltmarsh Drive, Bristol BS11 0NJ	Jan*	14.00 -16.00 Third Thurs	17th	Xmas lunch TBC	19th	16th	16th
<b>Hartcliffe</b>	Dundry Room, Symes Building, Peterson Avenue, Hartcliffe BS13 0BE	Louise*	10.00 -12.00 Second Thurs	10th	8th	12th	9th	9th
<b>Hanham</b>	Hanham Community Centre 118-124 High St Hanham, Bristol BS15 3EJ	Luke*	13.30 -15.30 First Tues	1st	Xmas lunch TBC	10th	7th	7th
<b>Kingswood</b>	The Park Centre Kingswood High Street, Bristol BS15 4AR	Luke*	14.00 -16.00 Second Wed	9th	Xmas lunch TBC	11th	8th	8th
<b>Downend</b>	Badminton Gardens Beaufort Road, Bristol BS16 6FG	Luke*	14.00 -16.00 Fourth Wed	23rd	Xmas lunch TBC	25th	22nd	22nd

\*Contact: JanM@carerssupportcentre.org.uk 07795 147 592 – LukeK@carerssupportcentre.org.uk 07515 130 091 – LouiseB@carerssupportcentre.org.uk 07752 340 370

### Welcome to Walk and Talk

Hello! I'm Stacey, the Project Officer for Carers Support Centre's new Walk and Talk project.

I plan and lead walks in local green spaces across Bristol and South Gloucestershire for small groups of carers. Our weekly walks run for six sessions with the aim of improving health and wellbeing, connecting with other carers, and accessing useful information and advice.

All carers are welcome. Our aim is to make the walks as inclusive as possible. Whatever your background, whatever your walking ability come and join us and your fellow carers on a Walk and Talk.

I'm also looking for volunteers to help on the walks.

To help you will need to:

- be available for 1.5 hours each week for six weeks
- be able to travel to walk locations in Bristol and South Gloucestershire



For an informal discussion and further information about volunteering, or to join one of our walks, please get in touch with me:

✉ Walk@carerssupportcentre.org.uk

☎ 07742 291073

🌐 www.carerssupportcentre.org.uk/our-services/welcome-to-walk-and-talk

## Employment Support for Parent Carers

West of England Works



### Employment support for Parent Carers

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

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

#### Some of the support available:

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



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

#### Find out more

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

## Working in Early Years and Play

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


**[Become a registered childminder - bristol.gov.uk](http://bristol.gov.uk)**



**Considering  
a career in  
childminding?**

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

**Bristol Childminding Network**  
The heart of quality home-based childcare



City of Bristol: Money Support and Advice

# Worrying about money?

Support is available in Bristol

Fill out the webform:

[worryingaboutmoney.co.uk](http://worryingaboutmoney.co.uk)

Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: **5**)

See options **1 2 6**

### My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option **2**

### I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option **3**

### I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options **1 4**

## Step 2: What are some options?

### 1 Council Support Schemes

People on low incomes may be eligible for Housing Benefits/Universal Credit to help with housing costs. The Council also offers Council Tax Reduction and Discretionary Housing Payments for those struggling financially. You may also qualify for Local Support Payment, which supports people in crisis. All schemes will depend on your current circumstances. Find out more: [www.bristol.gov.uk/benefits-financial-help](http://www.bristol.gov.uk/benefits-financial-help)

### 2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

### 3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

### 4 Benefit Advice

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

### 5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

### 6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

## Step 3: Where can I get help? Each of these services offer free and confidential advice

### BRISTOL CITY COUNCIL

The Local Crisis and Prevention Fund Grants towards food, clothing and household goods for people facing financial crisis  
0117 922 4500 (Mon-Fri, 9am to 12noon)  
[www.bristol.gov.uk/lcpcf](http://www.bristol.gov.uk/lcpcf)

Help with options: 1 2

Welfare Rights and Money Advice Service Information about disability and carer's benefits, including advice and assistance on claiming and challenging decisions  
[www.bristol.gov.uk/disabilitybenefits](http://www.bristol.gov.uk/disabilitybenefits)

Help with options: 2 6

### SOUTH BRISTOL ADVICE SERVICES

General advice and specialist help with welfare benefits, debt, income maximisation and financial capability  
01179 851 122 (Welfare Benefits & General)  
01179 038 358 (Debt Advice)  
[www.southbristoladvice.co.uk](http://www.southbristoladvice.co.uk)

Help with options: 1 2 3 4 5 6

### BRISTOL CITIZENS ADVICE

Generalist advice provider, including debt, welfare rights, housing and employment  
0800 278 7957  
[www.bristolcab.org.uk](http://www.bristolcab.org.uk)

Help with options: 1 2 3 4 5

### TALKING MONEY

Advice to anyone worried about money, covering debt, benefits and bills  
0800 121 4511 or 0117 954 3990  
[www.talkingmoney.org.uk](http://www.talkingmoney.org.uk)

Help with options: 1 2 3 4 5 6

### NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal  
0117 951 5751  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)  
(Online Advice Tool for enquiries 24/7)

Help with options: 1 2 3 4 5 6

### ST PAULS ADVICE CENTRE

General and specialist advice on debt, benefits and immigration issues for communities of St Pauls and East Bristol  
0117 955 2981 | [enquiry@stpaulsadvic.org.uk](mailto:enquiry@stpaulsadvic.org.uk)  
[www.stpaulsadvic.org.uk](http://www.stpaulsadvic.org.uk)

Help with options: 1 2 3 6

### AGE UK BRISTOL

Information and advice for people over 55 who live or work in Bristol and their carers  
0117 922 5353  
[www.ageuk.org.uk/bristol](http://www.ageuk.org.uk/bristol)

Help with options: 2 6

### BRISTOL LAW CENTRE

Specialist legal advice & casework including housing & homelessness, welfare benefit appeals, immigration & asylum, family, mental health, employment & discrimination  
0117 924 8662 | 0330 024 0389 (freephone)  
[mail@bristolawcentre.org.uk](mailto:mail@bristolawcentre.org.uk)  
[www.bristolawcentre.org.uk](http://www.bristolawcentre.org.uk)

Help with options: 6

### Other Support

CHAS Housing Advice Service Bristol Legal advice on housing issues, including eviction, housing related debt and more  
0117 935 1260 | [advice@chasbristol.co.uk](mailto:advice@chasbristol.co.uk)  
[www.chasbristol.co.uk](http://www.chasbristol.co.uk)

Shelter Bristol Housing advice

03301 755 121 | [home@shelter.org.uk](mailto:home@shelter.org.uk)  
[england.shelter.org.uk](http://england.shelter.org.uk)

1625 Independent People Support for young people aged 16 to 25 facing homelessness  
0117 317 8800 | [www.1625ip.co.uk](http://www.1625ip.co.uk)

The Home Energy Team: Centre for Sustainable Energy (CSE) General advice on energy use in the home, staying warm & keeping on top of fuel bills  
0800 082 2234 | [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)  
[www.cse.org.uk/loveyourhome](http://www.cse.org.uk/loveyourhome)

WECIL

Disabled People's User Led Organisation offering advice to Disabled People. Specialisms include Disability Benefits (AA, PIP, DLA & ESA).  
0117 947 9919 | [navigators@wecil.co.uk](mailto:navigators@wecil.co.uk)

## Other Support

**Bristol Somali Resource Centre**  
Impartial information, advice, and guidance on a range of issues including welfare, housing, schools, and employment  
0117 907 7994 | [info@somalicentre.co.uk](mailto:info@somalicentre.co.uk)

**Healthy Start Vouchers**  
To help buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under 4. Apply online:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Moneyhelper**  
Advice to help improve your finances  
0800 138 7777 | 07701 342 744 (WhatsApp)  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Great Western Credit Union**  
Offering affordable borrowing and safe savings accounts to help local people become better off  
0117 924 7309 | [www.greatwesterncu.org](http://www.greatwesterncu.org)

**Step Change**  
Debt charity offering debt advice and money management  
0800 138 1111 | [www.stepchange.org](http://www.stepchange.org)

**Turn2Us**  
information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://benefits-calculator-2.turn2us.org.uk)

## For Migrants, Asylum Seekers and Refugees

**Bristol Refugee Rights**  
Advice and support including help with your house, money or asylum claim. Contact by email, phone, text message or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter.  
07526 352 353  
[advice@bristolrefugeerights.org](mailto:advice@bristolrefugeerights.org)  
[www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)

**The Unity Project**  
Support to have NRPF condition removed if applicable and other support  
[www.unity-project.org.uk](http://www.unity-project.org.uk)

**Migrant Help**  
Independent advice and guidance to assist asylum seekers move through and understand the asylum process. Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK.  
Asylum helpline: 0808 8010 503  
[ASCcorrespondence@migranhelpuk.org](mailto:ASCcorrespondence@migranhelpuk.org)  
[www.migranhelpuk.org](http://www.migranhelpuk.org) (Webchat available)

**Project 17**  
Advice on housing and financial options for families with children facing severe poverty/homelessness because they have NRPF  
07963 509 044 | [www.project17.org.uk](http://www.project17.org.uk)

## About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets). The information on this leaflet was last updated on 08/10/21.

**Feedback?** What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)



Bristol



## North Bristol Advice Centre



### **Free and independent advice and support**

For North Bristol and  
South Gloucestershire

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

**Enquire using our Advice Tool at  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)  
Or call 0117 951 5751**



Registered Charity number: 1066921



## Community Learning: Upcoming Courses

**Community Learning West** offers a wide range of **FREE** courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment.

Most courses take place **face-to-face**. For online courses, learners need a smart phone, laptop or tablet and data/Wi-Fi for internet use. Community Learning West has some tablets to loan out and Wi-Fi bundles to help learners with limited digital access. Please contact Community Learning West by email [lcinfo@bristol.gov.uk](mailto:lcinfo@bristol.gov.uk) for more details.

### Level 1 Award In Health And Social Care Adults Or Children's And Young People's Settings

Gain the basic skills and knowledge and Language with this first stage qualification to prepare to work across the health and social care sector and gain a recognised qualification. Find out about the skills needed and get an overview of the sector (includes adults and children). **Suitable for learners at Entry Level 3 and above. Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 10am to 3pm, Wednesdays for 6 weeks **from 12/10/22**. Contact Carol Griffiths on 07341882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

### Employability For Health & Social Care

Employability sessions to find out about job opportunities and training. **Suitable for learners at Entry Level 3 and above. Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 10am to 3pm, 3 days in December. Contact Carol Griffiths on 07341882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

### Level 2 Award in Independent Advocacy

Gain a Level 2 qualification in advocacy (being the voice and support for another person) and learn the skills needed to work in this field. Lots of support given to succeed on the course. **Suitable for learners at Level 1 and above. Face-to-face** at The Park, Daventry Road, BS4 1DQ. 10am to 12noon, Mondays for 14 weeks **from 31/10/22**. Contact Lucy Fieldhouse on 07788353446 or email [Lucy.fieldhouse@bristol.gov.uk](mailto:Lucy.fieldhouse@bristol.gov.uk)

### Level 2 Award in Independent Advocacy

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### Computer Skills For Beginners

Learn how to navigate a laptop, send emails, create a document, make Zoom calls and use the internet safely. **Suitable for learners at Entry Level 3 and above. Face-to-face** at Hillfields Library, Summerleaze, BS16 4HL. 9.30am to 12noon, Thursdays for 5 weeks **from 10/11/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

**ESOL Conversation Clubs**

To join a friendly Zoom meeting contact [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk). For more information check our website [www.esolcc.org](http://www.esolcc.org) or visit Learn English in Bristol website: [www.LEB.community](http://www.LEB.community)

**ESOL For Driving**

Improve your understanding of the rules of driving and the Highway Code. Gain confidence and learn how to approach the Theory and Hazard Perception Test. **Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 1pm to 4pm, Thursdays for 11 weeks **from 13/10/22**. Contact Carol Griffiths on 07341882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

**\*ESOL Conversation Class**

Designed to help learners to gain confidence in everyday life including work, school and in the community. **Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 11am to 1pm, Mondays & Fridays for 6 weeks **from 31/10/22**. Contact 0117 9145472 or email [admin@c-cbed.com](mailto:admin@c-cbed.com)

For referrals or more information, contact Lucy Fieldhouse on 07788353446, email [Lucy.fieldhouse@bristol.gov.uk](mailto:Lucy.fieldhouse@bristol.gov.uk) or Mike Allen on 07788 232967, email [Michael.allen@bristol.gov.uk](mailto:Michael.allen@bristol.gov.uk) or Bryony Sims on 07721 512583, email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

**\*Uplift!**

Lost a sense of direction? Need a boost? Join us for lessons that last a lifetime. **Face-to-face** at Malcolm X Community Centre, 141 City Road, BS2 8YH. 9.30am to 2.30pm, Fridays for 2 weeks **from 21/10/22**. Contact Malcolm X Community Centre on 07436261835 or email [info@mxccbristol.com](mailto:info@mxccbristol.com)

**Eat Well And Save Energy**

Learn useful tips/ways to cook well and try to save on energy used in the kitchen. **For local residents. Face-to-face** at Ambition Lawrence Weston, Lawrence Weston Youth Centre, Long Cross, BS11 0RX. 10am to 12.30pm, Fridays for 6 weeks **from 04/11/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

**Woodwork For Beginners**

Make a softwood toolbox whilst learning a strong foundation of woodwork skills.

**Suitable for learners at Entry Level 3 and above. Face-to-face** at St Paul's Learning Centre. 9.45am to 2.45pm, Mondays for 3 weeks **from 15/11/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

*\* These courses are delivered on behalf of Community Learning West by commissioned partners.*

**We always welcome suggestions so get in touch if you do not see a course you are looking for. Check our website [www.communitylearningwest.net](http://www.communitylearningwest.net) and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>**

## Welfare Rights and Money Advice Service

# Welfare Rights and Money Advice Service

## Welfare Benefits Tips 2022

Hello to you.

### Welfare Benefits Rates

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

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

### Bristol City Council website benefits calculator

You can find the calculator at:

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

- It can be very helpful for all low-income households, to see if they might have an unclaimed benefits entitlement.
- Also, bearing in mind the removal of the £20/week 'covid uplift' in UC rates, the calculator can help people to see how they might be better off by just doing a few hours paid work per week. UC is designed to encourage people to find work, so it's more 'generous' than previous working age benefits, in allowing people to keep more waged income before they lose their UC entitlement.

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

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

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

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

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

**T: (0117) 352 1888 E: [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk)**

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

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

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

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



## Crimestoppers – Fearless: Anonymous Advice and Reporting



### **WHAT IS FEARLESS?**

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

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

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

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

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

#### **We guarantee that if you choose to contact us anonymously:**

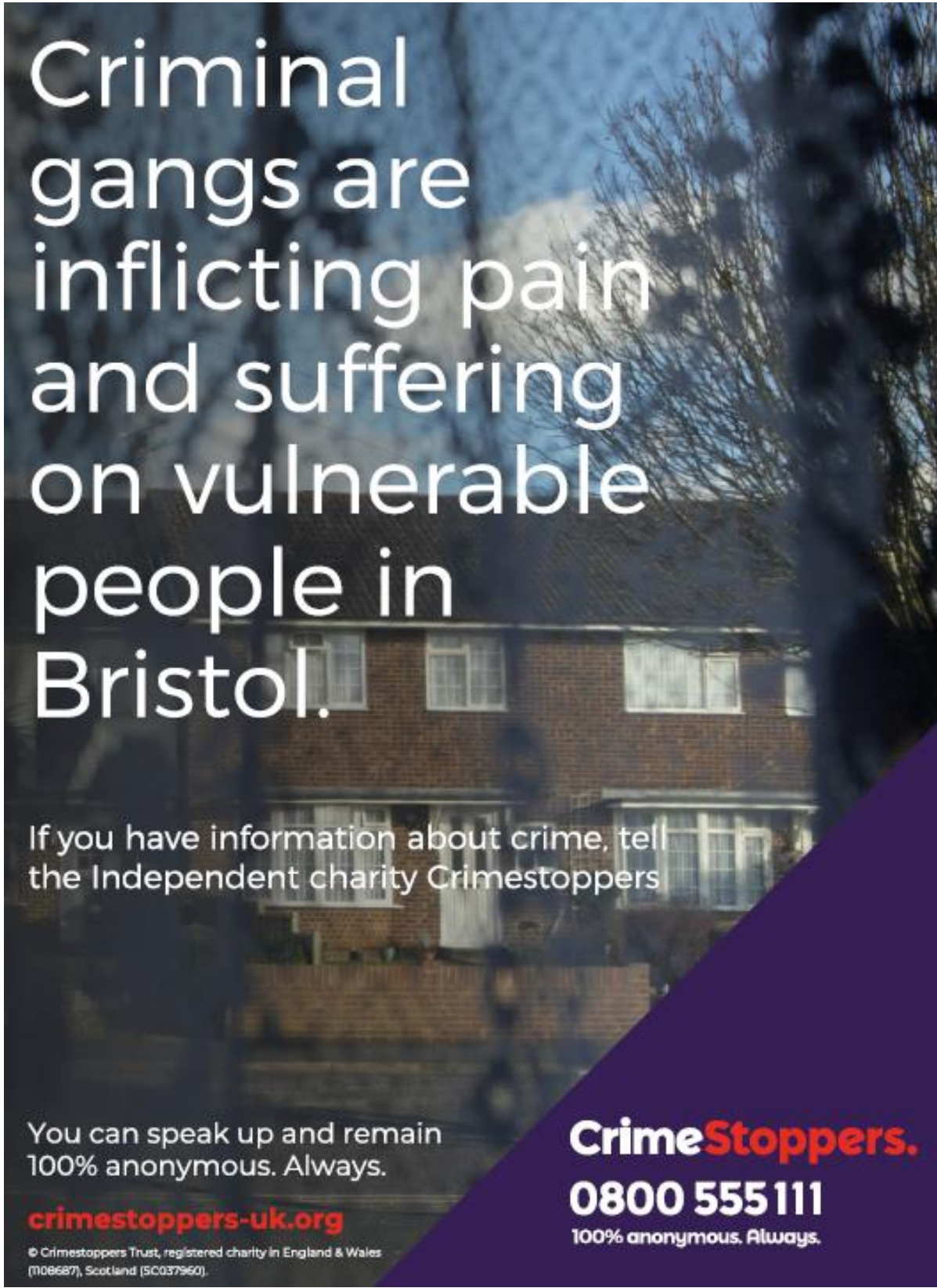
- You can give us information about crime without giving your name or any personal details.
- You will not be asked for your gender or age.
- We will not record any personal details you might mention.
- We physically cannot trace your email or IP address as our system is designed to protect your identity.

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

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

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

Crimestoppers: Speak Up to Protect Vulnerable People



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

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

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

[crimestoppers-uk.org](http://crimestoppers-uk.org)

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

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

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

Have you heard of 'cuckooing' before?

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

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

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

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

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

You can speak up and remain 100% anonymous. Always.  
[crimestoppers-uk.org](http://crimestoppers-uk.org)

**CrimeStoppers.**  
**0800 555 111**  
 100% anonymous. Always.

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

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

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

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

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

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

You can speak up and remain 100% anonymous. Always.  
[crimestoppers-uk.org](http://crimestoppers-uk.org)

**CrimeStoppers.**  
**0800 555 111**  
 100% anonymous. Always.

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

Czy słyszałeś wcześniej o "kukułkach"?

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

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

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

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

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

You can speak up and remain 100% anonymous. Always.  
[crimestoppers-uk.org](http://crimestoppers-uk.org)

**CrimeStoppers.**  
**0800 555 111**  
 100% anonymous. Always.

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

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

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

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

- Kororka dadka soo galaya iyo kuwa ka baxaya
- Kororka gawaarida ama baasakillada yaalla banaanka
- Kororka dhaqamada aan bulshada ku wanaagsanayn
- Kororka qashina banaanka yaalla
- Astaamo muujinaya isticmaalka maandooriyaha
- La'aanta bookhashooyinka daryelka caafimaadka

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[crimestoppers-uk.org](http://crimestoppers-uk.org)

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 100% anonymous. Always.

## Community Children's Health Partnership – Baby Talk



Community Children's Health Partnership



**Bristol Early Years Speech and Language Therapy Team**

# Baby Talk

How to help your baby learn to talk

**A 1-hour session for parents and carers of children 0-18months living in Bristol**

**Come and find out:**  
What do babies need to learn?  
How communication develops – what to expect & when.  
What we can do to help your baby develop, feel safe and help their brain grow.

**Online session- upcoming dates:**  
Tuesday 18/10/2022 1.30pm  
Friday 11/11/2022 10am  
Wednesday 14/12/2022 1.30pm

**Book a place via:** <https://www.eventbrite.co.uk/e/baby-talk-parents-and-carers-tickets-227791118367>  
or email [sirona.sltearlyyears@nhs.net](mailto:sirona.sltearlyyears@nhs.net)

Service provided by:  
**Sirona**  
care & health



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



Women's Work Lab – Kick start your career!



**BRISTOL MUMS: LET'S  
KICK START YOUR CAREER  
IN 2023!**

**FREE** school-hours employment  
course with work placement,  
starting 10th January for 12 weeks

Apply **NOW**:  
[www.womensworklab.co.uk](http://www.womensworklab.co.uk)

Training @ Ruby Jeans  
3-4 The Parade, Shirehampton, Bristol  
BS11 9TS

*All travel expenses covered*

*"I would definitely recommend the Women's Work Lab to  
any mum that is looking to get back into work after a  
break."*

Kelly, 2021 graduate

Contact Samantha with any questions: 07837 716856  
[samantha@womensworklab.co.uk](mailto:samantha@womensworklab.co.uk)