

**Families in  
Focus**



**Children &  
Families  
PARTNERSHIP**

## **May 2022 Families in Focus Bulletin - Part 1**

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

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

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

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

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

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

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

## Contents

Contents.....	- 2 -
Information and services for children and young people.....	- 3 -
Your Holiday Hub Easter Activity link.....	- 4 -
The Vench Easter Activities.....	- 5 -
The Ranch Easter Activities.....	- 6 -
Prince's Trust Free Programme: Get Started in Security .....	- 7 -
Prince's Trust Free Programme: Get Started with Cooking .....	- 8 -
Princes Trust: Explore Personal Development Course.....	- 10 -
Childrens Scrapstore Easter Play Sessions .....	- 11 -
Bristol Mental Health & Wellbeing Directory .....	- 12 -
Gynpanzees Easter Pop Up .....	- 13 -
Off the Record Projects.....	- 14 -
Kids Matter Southmead .....	- 16 -
Information and services for parents / carers .....	- 18 -
Ebenezer Church Activities .....	- 19 -
Bristol Libraries: Opening Hours .....	- 20 -
Bristol Libraries: Baby Bounce and Rhyme .....	- 21 -
Bristol Libraries: Storytime Sessions .....	- 22 -
Lockleaze Neighbourhood Trust Peace of Mind Sessions.....	- 23 -
Lockleaze Strollers Wednesday Wellbeing Walks.....	- 24 -
NHS Healthy Start: Get Help to Buy Food and Milk.....	- 25 -
The Family Centre Deaf Children what's on .....	- 26 -
Parenting course for Parents of Children with Additional Needs.....	- 28 -
SEND and Community Support Groups .....	- 29 -
North Bristol Childrens Centre Young Parents Group .....	- 34 -
North Bristol Children Centre Groups and Events .....	- 35 -
Bristol Tea and Tech.....	- 36 -
North Bristol Advice Centre Get Online .....	- 38 -
Send and You Bristol Events .....	- 40 -
Community Learning Course's .....	- 41 -
Community Learning West Update.....	- 44 -
Centre for Deaf and Hard of Hearing People Welcome Spaces.....	- 49 -

# Information and services for children and young people

Your Holiday Hub Easter Activity link



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

## The Vench Easter Activities



### **The Vench- Easter Holidays - 10:00 - 14:00**

|FREE

We are The Vench, a much-loved adventure playground and community centre in Lockleaze, Bristol. For over 45 years, we've been inspiring imaginative play in a supportive and fun environment to help Lockleaze children and young people live happy and healthy lives. We believe in the importance of providing our local young people and their families with a safe place to play, learn and create the change they want to see in the world. Working with our partners we offer a range of activities and experiences to build resilience and confidence in the young people, families and the wider community.

Activities may include Arts and crafts, cooking, sports, general free play using out outside equipment including the drop slide and pump track.

Life cycle will be providing a bike ride on Thursday 6th of April- (Please book a space for this.)

We will be closed during the bank holidays Friday 7th April/ Monday 10th April.

## The Ranch Easter Activities

**Free play**

FOR AGES 8-13  
- under 8s are welcome but must be accompanied by an adult at all times

# Easter at The Ranch!

**Tuesday 4th - Thursday 6th April then  
Tuesday 11th - Thursday 13th April**

**12 - 4pm**

Join us for loads of fun including:

- Campfire Popcorn
- Arts & Crafts
- Bike Skills with Life Cycle UK
- Music workshops
- Easter Egg Hunt
- Footy Tournament
- Circus Skills
- Nature with Steve England
- Sumo Wrestling
- Games with Bristol Bears
- Bouncy Castle

Just turn up - no need to book

There'll be hot food at every session for kids who have free school meals



 Follow us for times & details  
@Southmead Adventure Playground

Prince's Trust Free Programme: Get Started in Security





# GET INTO SECURITY

## LOOKING FOR WORK IN THE SECURITY INDUSTRY?

### INFORMATION

Taster Day: Wednesday 19th April 2023  
Course Dates: Monday 24th April to Tuesday  
9th May 2023  
Location: Prince's Trust centre, Victoria St.,  
BS1 6BY (Transport costs can be re-imbursed)

Are you aged 18-30? Not in employment,  
Education, or Training?

This FREE 2-week programme offers you  
the opportunity to gain a Door  
Supervisor qualification and First aid  
certificate. The Prince's Trust will  
support you with your application and  
pay for your SIA licence on successfully  
passing the exams.

### GET IN TOUCH AND START SOMETHING

For more information please contact:  
[beth.melton@princes-trust.org.uk](mailto:beth.melton@princes-trust.org.uk) or call  
07484097259

Supported by:



Prince's Trust

Prince's Trust Free Programme: Get Started with Cooking





## PASSIONATE ABOUT FOOD OR WANT TO LEARN TO COOK?

### INFORMATION

Taster Day: Thursday 10th April

Course Dates: Monday 17th to Friday 21st April 2023

Location: Coexist community Kitchen, Easton, Bristol

Email: [sam.walton@princes-trust.org.uk](mailto:sam.walton@princes-trust.org.uk) and

[tom.christensen@princes-trust.org.uk](mailto:tom.christensen@princes-trust.org.uk)

Are you aged 16-30? Our free course gives you the chance to explore the world of food and cooking.

In this programme you will:

- Gain new cooking skills through practical learning workshops
- Meet new people and develop confidence
- Learn about nutrition and local produce
- Receive up to six post course one to one goal setting sessions

Get in touch and Start Something today!

Supported by:



## Princes Trust: Explore Personal Development Course

# EXPLORE

16-30?

## Personal Development course

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

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

### DATES FOR YOUR DIARY:

- Last day to apply: 1st June
- Taster Day: 8th June
- Course Starts: 14th June

## Interested?

☎ 0800 842 842

✉ [harry.goodrick@princes-trust.org.uk](mailto:harry.goodrick@princes-trust.org.uk)



Prince's Trust



## Childrens Scrapstore Easter Play Sessions









### EASTER PLAY SESSIONS

led by Children's Scrapstore

Free stay & play open access activities aimed at over 8s  
Younger children welcome with adult supervision.

<b>PARK BY BMX TRACK</b> <b>LAWRENCE WESTON,</b> <b>BS11 0EZ</b> <b>TUESDAY 4TH APRIL</b> <b>THURSDAY 11TH APRIL</b> <b>10.30AM - 2.30PM</b>	<b>PARK ON BEVERSTON GARDENS</b> <b>LAWRENCE WESTON,</b> <b>BS11 0SB</b> <b>THURSDAY 6TH APRIL</b> <b>THURSDAY 13TH APRIL</b> <b>10.30AM - 2.30PM</b>
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Fully funded lunch will be provided for the children  
Contact - [jenny.lovegrove@bristol-schools.uk](mailto:jenny.lovegrove@bristol-schools.uk)  
for more information.



## Super Saturday

in St Werburghs!

Saturday 22nd April 2023

Join us at any of our three locations for all sorts of **FREE** family activities and fun on Saturday 22nd April 2023! Look out for our posters and on our social pages for more information.







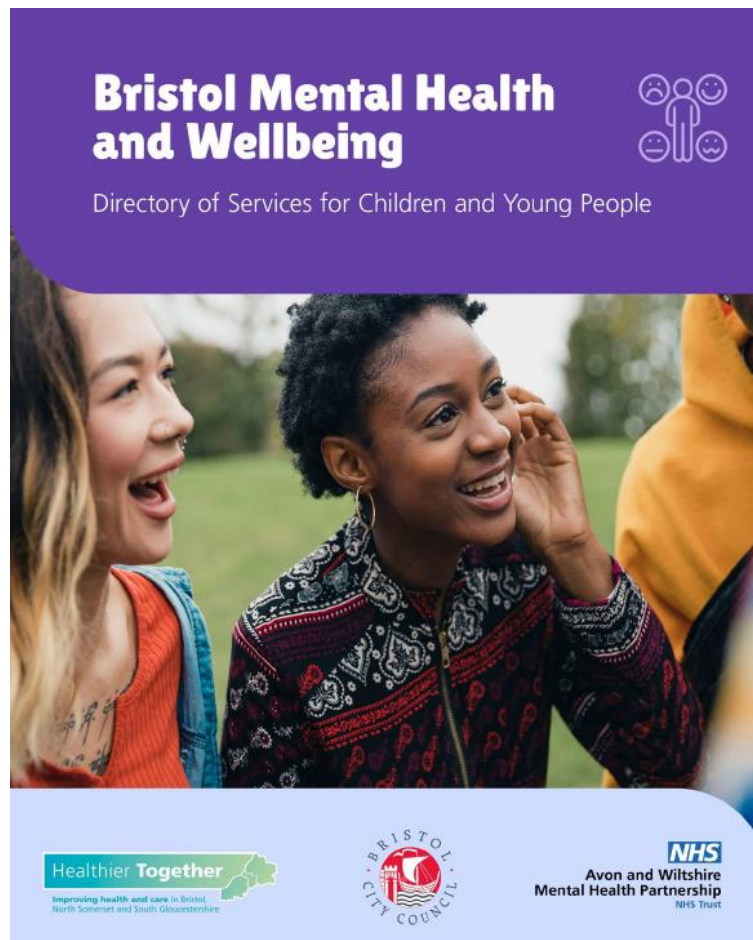
**Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB**  
tel: 0117 908 5644 // email: [events@childrensscrapstore.co.uk](mailto:events@childrensscrapstore.co.uk) // charity no. 1008788

## 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/>



## Gympanzees Easter Pop Up



# Easter Pop Up

3rd - 14th April

**Pop Up fun and fitness for children and young people with disabilities!**



SGS Pegasus School,  
Patchway, Bristol, BS32 4AJ

**Gympanzees sessions are for children and young people (0-25 years) with sensory, physical, learning difficulties, SEN and any mild to profound disability.**

**You do not need a diagnosis to use Gympanzees.**



**Visit [gympanzees.org](https://gympanzees.org) to book**

**Or scan the QR code**



Charity No 1189375



## Off the Record Projects



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.

### Our Current Offer



### Project Updates

#### **ADORE: A Trip to the Arnolfini**

We're going to be making a trip to the Arnolfini to visit 'ADORE'. This is an exhibition by Garry Fabian Miller – an artist who makes photographs exploring darkness, light and colour (amongst other things). Experiencing creative things together can create a sense of wellbeing and give us the tools for supporting our mental health.

This one-day project is open to anyone aged 16-25 who is interested in experiencing some art with others – whether or not they've been to a gallery before, consider themselves a creative person, are passionate about art or just have a vague curiosity.

**Tuesday 21<sup>st</sup> March, 4-5:30pm @ Arnolfini, 16 Narrow Quay, BS1 4QA**

Read more and sign up here: [otrbristol.org.uk/adore-a-trip-to-the-arnolfini](http://otrbristol.org.uk/adore-a-trip-to-the-arnolfini)



### **Resilience Lab**

We have temporarily paused our Resilience Lab project for 11-16 year olds and will have new online and in-person sessions starting up again from April/May. Keep an eye on our social media and newsletter for updates!

*Young people can find out more about Resilience Lab here: [otrbristol.org.uk/resilience-lab](https://otrbristol.org.uk/resilience-lab)*

### **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)*

### **Get In Touch**

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

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Thursday 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)



## Kids Matter 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.

Kids Matter is available for parents and carers in Southmead

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

- Being a Strong Family
- Loving our Children Well
- Play, Encouragement and Listening



- **Routines, Choices and Rewards**
- **Rules and Consequences**
- **The Bigger Picture**

Every session will have refreshments and a free crèche where needed

**Our next programme starts Thursday April 20<sup>th</sup> 9am**

**at St Stephen's Church,**

**82 Ullswater Road, BS10 6DP**

**Contact ~~Tanya~~ Tanya Blundell (07446 375698) or**

**Joanna Bacon (07812 207185) to chat some more.**

**Enquiries from parents, school, church or health staff very welcome, we are always looking for new venues**

**Hope to see you soon!**

Registered charity in England & Wales 1160619

# Information and services for parents / carers

## Ebenezer Church Activities

# What's On

April - May 2023

at Ebenezer Church (286 Filton Avenue, Horfield, BS7 0BA)



### WEDNESDAYS

2PM -  
3.30PM

#### FOOTPRINTS

Group for senior citizens in our local community, with meals, activities and special events - [www.ebe.org.uk/footprints](http://www.ebe.org.uk/footprints)

### THURSDAYS

10.30AM -  
12.30PM

#### TASTE CAFÉ (during term time)

Drop-in community cafe with affordable homemade cakes, lunches, etc..

1PM -  
3PM

#### FOODBANK OUTLET

If you are at a crisis point and struggling with food, then please contact the foodbank about getting support - call 0117 472 5172.

### FRIDAYS

9.30AM -  
11AM

#### COMMUNITY BREAKFAST

Simple breakfast of bacon butty, cereal, toast and hot drinks for £1.50. Toys available for pre-school children.

3.30PM -  
5PM

#### AFTER SCHOOL HANGOUT (during term time)

Different zones with crafts, games, books, homework space and a free meal. For families with primary school aged children. Sign up each week here - [www.ebe.org.uk/afterschoolhangout](http://www.ebe.org.uk/afterschoolhangout)

### ONE-OFF EVENTS

1PM -  
3.30PM

#### 'THE NOISE 2023' AFTERNOON TEA FOR SENIOR CITIZENS

Sunday 30th April

A special Coronation event for senior citizens in Horfield, Lockleaze and Filton. Sign up for this free event by calling the church office.

2PM -  
4PM

#### 'THE NOISE 2023' COMMUNITY FUN EVENT AND BBQ

Monday 1st May

Join us for a BBQ, crafts, games, cakes and more! Everyone is welcome and it's all FREE! Just turn up.

Details of 'The Noise 2023' local events - [www.ebe.org.uk/thenoise](http://www.ebe.org.uk/thenoise)

7PM -  
9PM

#### PEACE FEAST

Friday 19th May

Brings people together from different communities to share a meal, hear inspiring stories and build friendship. Run in partnership with 'Bridges for Communities', with a delicious 3 course meal prepared by a Sudanese chef Omaina and live music.

More details and book tickets here - [www.ebe.org.uk/peacefeast](http://www.ebe.org.uk/peacefeast)

Regular updates and any new events - [www.ebe.org.uk](http://www.ebe.org.uk) or  
contact Ebenezer Church Office on 0117 9791399

## 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)

## 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
Bedminster 9038529	Saturday	11am
Bishopston 0117 3576220	Saturday	11.30am
Bishopsworth 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Central 9037215 All year round!	Monday	2.30pm
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.15pm
Hartcliffe 9038568	Thursday	2.15pm
Henbury	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	2.15pm
Horfield 9038538	Tuesday	11.30am

Library	Day (Term time only)	Time
Junction 3 9223001	Monday	2.45pm
Knowle 9038585	Friday	11.30am
Marksbury Road 9038574 All year round!	Tuesday	10.30am
Redland 9038549	Friday	2.30pm
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.00am
Southmead	Wednesday	11.30am
St George 9038523	Thursday	10.15am
Stockwood 9038546	Tuesday	2.15pm
Westbury 9038552	Friday	11.15am
Whitchurch 9031185	Friday	2.15pm
Wick Road 9038557	Friday	10.30am



Bristol Libraries

April 2022 [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)



## Lockleaze Neighbourhood Trust Peace of Mind Sessions

### LOCKLEAZE NEIGHBOURHOOD TRUST PEACE OF MIND SESSIONS



FREE GROUP GUIDED PEACE OF MIND SESSIONS TO  
HELP YOU FEEL MORE POSITIVE AND RELAXED.

Begginsers sessions:

Thursday 6 April  
Thursday 13th April  
Thursday 20th April  
Thursday 27th April.

Follow on sessions:

Thursday 8th June  
Thursday 15th June  
Thursday 22nd June  
Thursday 29th June.

**ALL SESSIONS RUN FROM 2-3PM  
@ THE HUB, LOCKLEAZE, BS7 9FB.**

TO BOOK YOUR PLACE PLEASE CONTACT JONATHAN ON  
WELLBEING@LOCKLEAZENT.CO.UK, 01179141129  
OR POP INTO THE HUB



## Lockleaze Strollers Wednesday Wellbeing Walks

# Lockleaze Strollers- Wednesday Wellbeing Walks

**Keep Active, Make Friends, Connect with Nature**

Free guided gentle stroll led by Jonathan for adults of all abilities in lovely Stoke Park.

### WHEN?

Wednesday 12th April.

Wednesday 10th May.

Wednesday 14th June.

### WHAT TIME & WHERE?

Meet at the Hub at 10.25am.

Finish the walk at 12 o'clock.

### WHAT SHALL I BRING?

Please dress appropriately and wear suitable footwear.

### HOW DO I JOIN?

To book contact Jonathan on [wellbeing@lockleazent.co.uk](mailto:wellbeing@lockleazent.co.uk),  
01179141129 or just pop into the Hub.

Join us for a  
cuppa and lunch  
afterwards at  
The Hubhub!

#ActiveLockleaze  
#WellbeingLockleaze



## 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**

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: 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.





## The Family Centre Deaf Children what's on



### The Family Centre Deaf Children Whats on?

**The family  
centre  
(deaf children)**

- Saturday 18th March**  
Woodland walk  
1pm – 2:30pm
- Thursday 23rd March**  
BOING! Soft play  
Lockleaze  
9:30am – 11am
- Wednesday 5th April**  
Easter  
extravaganza at  
Elmfield School
- Thursday 13th April**  
Wild Place  
Project/Leap of  
Faith  
10am
- Thursday 20th April**  
BOING! Soft play  
Lockleaze  
9:30am – 11am
- Saturday 27th May**  
Hearing dogs for  
Deaf people at  
Elmfield  
10:30am
- Saturday 17th June**  
Fathers Day BBQ  
at Wildmill Hill  
City Farm  
11am–1pm

We have a lot more exciting events coming up this Spring/Summer.

To book and keep up to date with reguarly added events visit: [www.fcdc.org.uk/events](http://www.fcdc.org.uk/events)

## Parent Talk

# Parent Talk



### **Down-to-earth parenting advice you can trust**

Parent Talk offers free online support for parents and carers. Find answers to parenting questions, or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Our parenting coaches have seen and solved it all – from weaning to teenage worries. They're support workers, childminders, play practitioners and teachers. They're parents and carers, just like you.

Visit [parent-talk.org.uk](https://parent-talk.org.uk). Or scan the QR code below – just open your camera, point it at the code, and you should get a pop-up to be taken to our home page.



[parent-talk.org.uk](https://parent-talk.org.uk)



Parenting course for Parents of Children with Additional Needs

## Free Stressbusting Course for Parents

This 10-week course uses mindfulness techniques to look at and manage how we deal with the stress and worry which comes from being a parent with a child who has additional needs. We learn to notice what happens when we are stressed and practice new ways to keep calm when faced with difficulties.

**Stressbusting for Parents (SEN) uses mindfulness techniques that support us to:**

- **Feel more confident about being a parent.**
- **Manage stress and frustration and strong emotions.**
- **Talk to and listen to children more calmly.**

### FREE 10-Week Course for Parents of children with additional needs

**Taster Workshop:**

Date: Friday 17<sup>th</sup> March 2023

Time: 1 - 3pm

Format: Online Via Zoom

Book: <https://www.chatterminds.com/bookcourses/mindfulness-for-parents-taster>

**Course Details:**

On: Fridays 9.15 - 11.45am

Dates: 21<sup>st</sup> April - 30<sup>th</sup> June (Term time only - no sessions 2<sup>nd</sup> June due to half term)

Format: Online via Zoom

Book: <https://www.chatterminds.com/bookcourses/mindfulness-for-parents-funded>

Further Info: Call Claire-Louise on 07949399633 or email [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com), [www.mpcp.info](http://www.mpcp.info)



## SEND and Community Support Groups

# Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

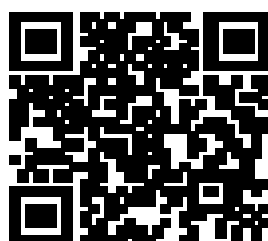
### SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

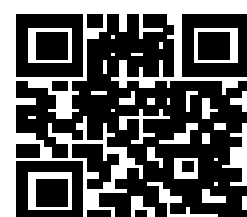
[www.sendandyou.org.uk](http://www.sendandyou.org.uk)

[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)



### Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.



Sign up to the mailing list



### FLORA

Families Local Offer Resources and Advice:

A free helpline for early support with your child's additional needs

0117 352 6020

[flora@bristol.gov.uk](mailto:flora@bristol.gov.uk)



The person responsible for SEN, normally referred to as the **SEND Coordinator or SENDCo**

at your child's nursery, school or college can help you to understand the settings SEN policy and the help that can put in place to support your child.

**SEND Parent Carer and Community groups who may be able to offer further support**





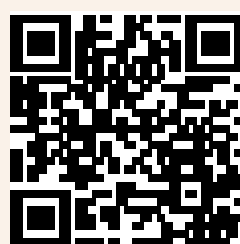
## SEND and Community Support Groups



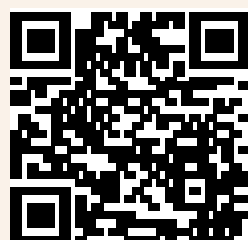
**Autism Independence** is a Bristol-based organisation which works with families and local authorities to help transform the lives of children with autism



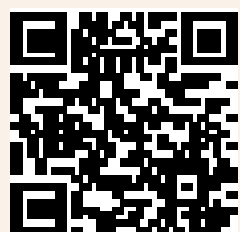
**Bristol Autism Support** provide information, support and training for parents and carers of autistic children in BS postcodes. Parents and carers do not need a diagnosis for their child in order to access our services.



**Bristol Parent Carers** An independent charity run by parent carers for parent carers; providing signposting information for parents/carers of children and young people with SEND. They work with local SEND services to ensure that they are able to meet the needs of local families & hearing your feedback is an important part of that.



**Bristol Black Carers** provide culturally appropriate support and services for young and adult carers from the Caribbean, African and Asian communities and their families across Bristol.



**Barton Hill Activity Club** Young kids: we offer a number of activities/ holiday/ half term activities. Families/residents with language barriers we provide support with communication. Elderly: shopping, errands deliver medication, fill in forms



**Extraordinary Links** Create a safe environment for families to enjoy time together and build a support network for the entire family. We encourage parents of a disabled child to bring all children, as siblings need support too!

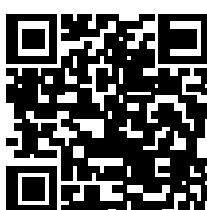
## SEND and Community Support Groups



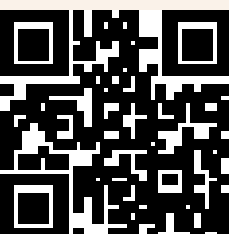
**Gympanzees** fun & fitness for children and young people with disabilities. Pop Up play centres during Easter & Summer holidays, with multiple interactive rooms, different session types & specialist disability equipment. Equipment lending service for families & an online resource hub full of ideas & activities to support disabled children to get active & encourage play & learning at home.



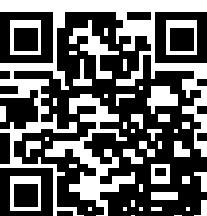
**Incredible Kids** Offer inclusive play sessions in Bristol. Whether you are looking for support, advice, friendship or fun inclusive family play you will find something for everyone in your family at Incredible Kids.



**Ignite Bristol** a movement to get more Disabled people active in Bristol. A place to showcase inclusive activities for participants & a new network of individuals, clubs & organisations working together to make Bristol a more disability inclusive, active city.



**Khaas** Offer recreational, respite & educational activities for children & their families, alongside support, information & advice. Culturally competent to working with the BAME community and have the skills and knowledge to deliver services that meet the needs of the community



**Mothers For Mothers** Are women with lived experience offering Information Advice & Support on perinatal mental health. If you're experiencing anxiety, depression, distress and/or isolation during pregnancy and/or after the birth of your baby - REACH OUT to us for immediate support. We offer SEND support to families. Please drop into our peer support groups for an informal session with a SEND Support Worker



**Murmuration Community Therapy** runs nurture groups - 8 week-courses supporting the mental health & social connections of SEND parents, leaving them with an ongoing network of support. For parents of children with any disability or at pre-diagnosis stage.

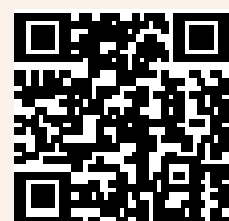
## SEND and Community Support Groups



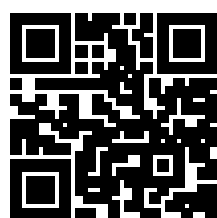
**National Autistic Society (Bristol Branch)** is run by a small group of volunteer parents, carers and friends of people on the autism spectrum who give their time and energy to support autistic people and their parents/carers.



**NeonDaisy** helps girls who are identified as autistic to make connections with each other. We also inspire & inform professionals and families about neurodiversity to build better support, sooner



**Nothing Special** an interactive group set up to help those who wish there was something out there for their young person. If you can't find it's not out there, create it and make it happen



**SENSE** Believe everyone should be able to take part in life, no matter their disability. Our work helps thousands of people who are deafblind or who have complex disabilities to communicate, experience the world and fulfil their potential.



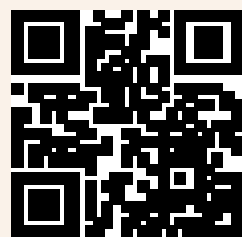
**Somali Resource Centre** Help Somalis to access mainstream services and navigate complex UK systems so that we creating a healthy, vibrant Somali community, integrated into British society as active social and economic participants



**FACE** is a youth and community charity commissioned to coordinate the Bristol Autism Project for Bristol City Council. BAP provides holiday-time activities for autistic children or those with Social, Communication and Interaction Needs aged 4-18 and their families (parent or trusted adult must attend). Families must be registered with BAP to receive programmes and booking details.

For more information about these and other SEND groups and activities see [Bristol's Local Offer Website](#) and [Facebook page](#)

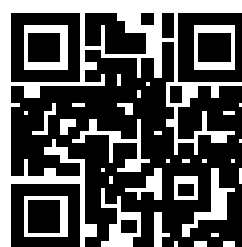
## SEND and Community Support Groups



**Family Centre, Deaf Children** Provide information, advice & a sense of community to deaf families. We run workshops, BSL courses & provide social, emotional, & educational support for the whole family together with recreational activities & opportunities for the children.



**Ups and Downs Are a Down Syndrome** support charity serving children & young people, their parents/carers & all linked professionals dealing with the health and education of children and young people who have Down Syndrome



**WECIL** support families with Disabled Children through drop off & family evening & weekend activities designed around the child or young persons interests & needs as well as support & guidance for any areas that families may be struggling with. Every question, issue, frustration or query is valid. We work closely with you and offer support on what matters to you & to find practical & realistic solutions.

## Support From Bristol City Council Teams



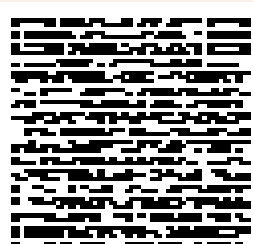
### Family courses offered by the Bristol Autism Team

BAT support children and young people who have a formal diagnosis of autism and those on the pathway to diagnosis. BAT also support families of children who have a diagnosis of autism or are going through the assessment process & have social communication and interaction needs



### Family courses offered by the Families in Focus team

Families in Focus offer a range of parenting courses for parents of children aged 3 to 17 . All courses are free, term time only and unless stated are available to Bristol Parents and Carers



**What help should I expect from my school or setting** . This guide describes the provision that is expected to be made for children & young people with SEND in Bristol schools and educational settings. It sets out the approaches that should be in place for all CYP with SEND in mainstream schools and EY settings. It also describes the provision that should be in place for CYP with different types of SEND

## North Bristol Childrens Centre Young Parents Group



www.northbristolcc.org.uk

New Location

# YOUNG PARENTS GROUP

**WHEN**  
**Every Monday**  
**10:30am-12pm**

**WHERE**  
**Long Cross Children's Centre**  
**Lawrence Weston Bristol**  
**BS11 0LP**

**For further information please email:**  
**nbcc@bristol.gov.uk**




**PERFECT FOR**  
**PARENTS UNDER 23**

**Babies, Toddlers, Mums,**  
**Dads and parents to be.**

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

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


## North Bristol Children's Centre Groups and Events

Groups & Events					
Groups Starting After Easter 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Filton Avenue</b></p> <p><b>ESOL</b> 9:30am – 11:30am Introduction course for people wanting to improve their English. Please contact Richard: richard.davies@bristol.gov.uk Crisis Available.</p> <p><b>Early Birds</b> 1pm – 2:30pm Join us if you have a non-mobile baby who was born prematurely or spent time in special care after birth.</p>	<p><b>Children's Inders</b> 9:15am – 11:15am A group for Children's Inders to share good practice and ideas.</p> <p><b>Baby Hub</b> 10am – 11:45am An opportunity to drop-in and speak to your local health visiting team and with other parents.</p>	<p><b>Stay &amp; Play</b> 9:30am – 11am Drop-in for fun family activities and more. Aimed at ages 0-5.</p> <p><b>Location:</b> Please contact to check the location: Tel: 0300 125 6378</p>	<p><b>Baby Hub</b> 9:30am – 11:30am An opportunity to drop-in and speak to your local health visiting team, gain information and advice about all aspects of your child's development. Tel: 0300 125 6378</p> <p><b>Honey Suckle</b> Breastfeeding Group 10:15am – 11:45am A supportive session to help you and your baby get the most out of breastfeeding.</p>	<p>Scan to view our online timetable and more</p> 	
<p><b>Stoke Park</b></p> <p><b>New Location:</b> Stoke Park Children's Centre Romney Way, Stoke Park, BS7 0BY</p>			<p><b>Stay &amp; Play</b> 1:30pm – 3pm Drop-in for activities and play aimed at ages 0-5.</p>	<p><b>Sensory Baby</b> 10am – 11:15am Support your baby's language development, bond and have fun helping them understand the world around them.</p>	
<p><b>Southmead</b></p> <p>Contact: catherine.gaffney@bristol.gov.uk Phone: 0300 125 6378</p>	<p><b>ESOL</b> 9:30am – 11:30am Introductory course for people wanting to improve their English. Please contact: richard.davies@bristol.gov.uk</p> <p><b>Children's Inders</b> 9:15am – 11:15am A group for Children's Inders to share good practice and ideas.</p> <p><b>Breastfeeding Group</b> 12:30pm – 2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.</p>	<p><b>Stay &amp; Play</b> 1pm – 2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.</p>	<p><b>Baby Hub</b> 9:30am – 11:15am An opportunity to drop-in and speak to your local health visiting team and with other parents. Tel: 0300 125 6378</p>		
<p><b>Long Cross</b></p> <p><b>Community Learning - Maths for Adults</b> 9:30am – 11:30am Improve your maths skills for home, work or volunteering.</p> <p><b>English for Adults</b> 1pm – 1pm. Improve your English for work or home.</p> <p><b>Young Parents</b> 10:30am – 12:00pm Meet other young parents in your area. A safe space to get support &amp; advice.</p>	<p><b>Baby Hub</b> 9:00am – 11:00am An opportunity to drop-in and speak to your local health visiting team... gain information and advice about all aspects of your child's development and socialise with other parents. Tel: 0300 125 6378</p>		<p><b>Stay &amp; Play</b> 9am – 10:30am Drop-in for activities and play. Aimed at ages 0-5.</p> <p><b>Breastfeeding Group</b> 12:30pm – 2pm A supportive session to help you and your baby get the most out of breastfeeding.</p>	<p><b>Shirehampton</b> Stay &amp; Play 9:30am – 11am Drop-in to Shirehampton Public Hall for lots of activities and fun! (Station Rd, BS11 9TE)</p>	
<p><b>Sea Mills</b></p> <p>Please contact us for more information nbcc@bristol.gov.uk</p>		<p><b>Baby Hub</b> 9am – 11am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6378</p>	<p><b>Nurture Programme</b> Parenting course for parents with children ages 2 to 10 years. Please contact us for more information or to book your spot nbcc@bristol.gov.uk</p>		
<p><b>Avonmouth</b></p> <p><b>Rainbow Group</b> 9:30am – 11:30am Supporting families with children who have additional needs, in a safe environment.</p>	<p>Please contact Helen on 07025 315733 for more information.</p>	<p><b>Stay &amp; Play</b> 9:30am – 11:00am Drop-in for activities and play. Aimed at ages 0-5.</p>	<p><b>Children's Inders</b> 9:45am – 11:15am A group for Children's Inders to share good practice and ideas.</p>		
<p><b>Brentley &amp; Henbury</b></p>	<p><b>New group coming soon.</b> Check our website for updates!</p>	<p><b>Baby Hub</b> 9am – 11am An opportunity to drop-in and speak to your local health visiting team.</p> <p><b>Breastfeeding Group</b> 11:30am – 1pm A supportive session to help you and your baby get the most out of breastfeeding.</p>	<p><b>Drop in</b> 8.45-9.45am Tea and coffee available. Join us at Henbury Court Primary Academy.</p>	<p><b>Location:</b> Henbury Court Primary Academy, BS10 7MY</p>	

www.northbristolcc.org.uk



## Bristol Tea and Tech



The image shows three elderly individuals, two women and one man, sitting at a long wooden table in a computer lab. They are all focused on their respective computer monitors. The woman in the foreground has short, reddish-brown hair and is wearing a light grey sweater. The man next to her has grey hair and is wearing a light-colored polo shirt. The woman in the background has grey hair and is wearing a red cardigan. In the top left corner of the image, there is a teal square logo with a white teacup icon and the text 'Bristol tea & tech' in white. At the bottom of the image, there is a teal banner with white text.

**Frustrated that everything is online these days? Don't know where to start? Bristol Tea and Tech can help you get connected.**



Bristol Tea and Tech are running free drop-ins where our friendly volunteers can help you get online safely and easily to develop your digital skills and confidence.

Whether you have no experience of computers, or just want to update your skills, we can help. Bring your own smartphone, tablet or laptop, or use one of ours.

## Venues and dates

### Avonmouth Community Centre

257 Avonmouth Road, BS11 9EN

**10.00-12.00 on the following Thursdays:**

**March 9th and 23rd; April 13th and 27th; May 11th and 25th**

### Ebenezer Church, Horfield

286 Filton Avenue, Horfield, Bristol BS7 0BA

**09.30-11.30 on the following Fridays:**

**March 10th and 24th; April 14th and 28th; May 12th and 26th**

### Trinity Henleaze United Reformed Church

Waterford Road, Henleaze, Bristol BS9 4BT

**12.30-14.30 on the following Fridays:**

**March 3rd, 17th and 31st; April 21st; May 5th and 19th**

## North Bristol Advice Centre Get Online

# Get Online



North Bristol  
Advice Centre



**Get help with:**

### **The Gain Space**

Tuesdays: 10am - 12:30pm

Wednesdays: 1:30pm - 4pm

**Just drop in!**

Accessing online learning

Filling in online forms

Setting up and using email

Searching for information and jobs

Online safety and security

Using social media



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

## Free support to help you Get Online and make the most of digital services

We can support those with little to no experience of computers, as well as those familiar with digital who are looking to improve or update their skills. Bring your own smartphone, tablet or laptop or use one of ours.

Examples of support we can offer:

### ➤ Email

Setting up an email account; composing and sending emails; managing the inbox.

### ➤ Online forms

Applying for a bus pass; registering for state pension; applying for travel documents.

### ➤ Online learning

Accessing and using Learn My Way; researching and signing up for training courses.

### ➤ Devices

Setting up and using mobile phones, tablets and laptops; downloading and navigating apps.

### ➤ Browsing

Searching for information; checking and commenting on planning permissions; comparing costs of train tickets; searching Ebay and Gumtree for products or services.

### ➤ Online safety

Understanding data security and how to stay safe online; updating passwords; registering devices for security checks.

To find out how we can help you Get Online, contact Nicola

Tel: 0117 951 5751

Email: [nicola@northbristoladvice.org.uk](mailto:nicola@northbristoladvice.org.uk)

## Send and You Bristol Events



**SAY**  
SEND AND YOU  
SENDIAS

**Bristol  
Events**

April May  
June  
2023

Annual Review Information Session <a href="#"><u>Wednesday 19th April 2023</u></a>	Bristol Daytime SEND Surgery <a href="#"><u>Wednesday 26th April 2023</u></a>
Bristol Evening SEND Surgery <a href="#"><u>Tuesday 16th May 2023</u></a>	SEND Support Information Session <a href="#"><u>Wednesday 17th May 2023</u></a>
SEND and You Youth Matters Group <a href="#"><u>Monday 22nd May 2023</u></a>	Bristol Daytime SEND Surgery <a href="#"><u>Wednesday 14th June 2023</u></a>
SEND and You Youth Matters Group <a href="#"><u>Monday 19th June 2023</u></a>	

## Community Learning Course's

**Community Learning West – FREE courses for 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. If your course is online and you are worried about getting started with online learning, please call the contact number for the course you are interested in and they will be able to help you.**

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Employability</b>					
<b>Horticulture Level 1 Award</b> Free practical course supporting you to gain a Level 1 award in Practical Horticulture.	9.30am to 4.30pm	28/03/23 Tuesdays	7	Pippa Davies 07385 939446 <a href="mailto:Pippa.davies@bristol.gov.uk">Pippa.davies@bristol.gov.uk</a>	Hartcliffe City Farm Lampton Avenue Hartcliffe BS13 0QH Suitable for ESOL entry 3 and above
<b>Level 2 Independent Advocacy Award</b> Explore roles, responsibilities and skills needed to be an effective advocate to support others. Lots of support given on the course to get you to your qualification and beyond.	9.45am to 11.45am	Mondays 17/04/23	12	For both courses contact:  <a href="mailto:Lucy.fieldhouse@bristol.gov.uk">Lucy.fieldhouse@bristol.gov.uk</a>	Venue to be confirmed
	10am to 12noon	Wednesdays 26/04/23	12		Online with support
<b>Customer Service Level 1</b> Join a free friendly course supporting you to gain a Level 1 award in Customer Service.	1pm to 3.30pm	18/04/23 Tuesdays	13	Bryony Sims 07721512583 <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a>	Bristol Launchpad Ground Floor The Galleries Shopping Centre Suitable for ESOL Entry 3 and above
<b>Horticulture Level 1 Award</b> Free practical course supporting you to gain a Level 1 award in Practical Horticulture.	9.30am to 12.30pm	19/04/23 Wednesdays	14	Catherine Landon 07785 702454 <a href="mailto:catherine.landon@bristol.gov.uk">catherine.landon@bristol.gov.uk</a>	Grow Wilder 181 Frenchay Park Road Bristol BS16 1EL Suitable for ESOL Entry 3 and above
<b>Digital Skills For Work</b> This intermediate course will give learners skills to use in the workplace and at home.	1pm to 3.30pm	20/04/23 Thursdays	8	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	St Paul's Learning Centre 94 Grosvenor Rd St Paul's BS2 8XJ Suitable for ESOL Entry 2 and above



Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Introduction To Beauty</b> Learn new skills and explore qualifications needed for working in the sector.	9.30am to 11.30am	21/04/23 Fridays	6	Lucy Fieldhouse 07788353446 <a href="mailto:Lucy.fildhouse@bristol.gov.uk">Lucy.fildhouse@bristol.gov.uk</a>	The Park Centre Daventry Road BS4 1DQ <b>Suitable for Entry 3 and above.</b>
<b>Getting Ready For Work</b> A practical, friendly course to help you brush up on your application and interview skills. *Free lunch from Glen's Kitchen for every attendee*	9.30am to 2.30pm	25/04/23 Tuesday, Wednesday & Thursday	1	Bryony Sims 07721512583 <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a>	St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XJ <b>Suitable for ESOL Entry 2 and above</b>
<b>*Employability-English For Work</b> This course is for anybody who wants to return to work, looks for a job and needs to improve their English.	10am to 1pm	02/05/23 Tuesdays	7	Shining Care Training 0117 955 2562 <a href="mailto:info@shiningcaretraining.com">info@shiningcaretraining.com</a>	Shining Care Training The Old Co-op 38-42 Chelsea Road Easton BS5 6AF
<b>*Introduction To Adult Social Care</b> This course is for anyone who would like to work in the Social Care sector, is looking for a job as a carer and needs to improve English related to Social Care.	10am to 1pm	04/05/23 Thursdays	7	Shining Care Training 0117 955 2562 <a href="mailto:info@shiningcaretraining.com">info@shiningcaretraining.com</a>	Shining Care Training The Old Co-op 38-42 Chelsea Road Easton BS5 6AF
<b>*Introduction To Health And Social Care</b> Learn new skills and explore qualifications needed for working in the sector. Help with interviews and CV writing.	9.15am to 2.45pm	05/06/23 Mondays	4	Mohammed Rahman 0117 955 6971 <a href="mailto:mohammed.rahman@wsb.org.uk">mohammed.rahman@wsb.org.uk</a>	Wellspring Settlement 43 Ducie Rd Barton Hill BS5 0AX <b>Suitable to all</b>
<b>Confidence &amp; Aspirations, Health &amp; Wellbeing</b>					
<b>Cooking On A Budget</b> Learn to cook tasty healthy recipes for you and your family.	10am to 12noon	20/04/23 Thursdays	6	Catherine Landon 07785 702454 <a href="mailto:catherine.landon@bristol.gov.uk">catherine.landon@bristol.gov.uk</a>	Oldbury Court Children's Centre Frenchay Road BS16 2QS
<b>Live Well And Save Energy</b> A practical cooking course full of budgeting tips to help you save energy and cook healthy meals for you or your	12.30pm to 2.30pm	21/04/23 Fridays	6	Lucy Fieldhouse 07788353446 <a href="mailto:Lucy.fieldhouse@bristol.gov.uk">Lucy.fieldhouse@bristol.gov.uk</a>	Knowle West Healthy Living Centre 5 Downton Road BS4 1WH

family. All resources provided, possible access to slow cookers to take home by the end of the course.					
<b>*SewShall</b> Join us for an opportunity to share creative skills and give back to your community!	10am to 1pm	28/04/23 Fridays	7	07436261835 <a href="mailto:info@mxccbristol.com">info@mxccbristol.com</a>	Malcolm X Community Centre 141 City Road BS2 8YH
<b>Beginners Woodwork</b> A practical short course to learn some new woodwork techniques and build planters.	9.30am to 2.30pm	17/05/23 and 18/05/23 Weds and Thurs	1	Catherine Landon 07785 702454 <a href="mailto:catherine.landon@bristol.gov.uk">catherine.landon@bristol.gov.uk</a>	Brunel Care St John's Court Mayfield Park Fishponds BS16 3PY
<b>Learning For Life</b> Come and sign up for a range of courses all running from Hartcliffe Nursery School and Children's Centre. Free creche with each course.	TBC	To start Sept 23 onwards	various	Helen Richards 0776090855 <a href="mailto:Helen.richards@bristol.gov.uk">Helen.richards@bristol.gov.uk</a>	Sign up at nursery school main reception and secure a place on a wide range of courses running from September 23 onwards.
<b>ADDER Project</b> Open to anyone with a current or previous addiction to alcohol or drugs. Also open to those with addiction issues who have links with the Criminal Justice System. One to one support with job searching, access to resources and small, supportive courses.	various			<a href="mailto:Lucy.fieldhouse@bristol.gov.uk">Lucy.fieldhouse@bristol.gov.uk</a> <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a> <a href="mailto:Michael.allen@bristol.gov.uk">Michael.allen@bristol.gov.uk</a>	ADDER learners will be supported to access courses and workshops that suit needs.  Check with Lucy, Bryony or Mike about courses available or ask if you need a bespoke course or workshop created.
<b>Course Title &amp; Description</b>	<b>Time</b>	<b>Start Date &amp; Day</b>	<b>No. of weeks</b>	<b>Contact</b>	<b>Delivery</b>
<b>Non-Accredited Functional Skills, ESOL &amp; Language</b>					
<b>ESOL Entry 1</b> A beginner's ESOL course for people who aim to improve their reading, writing, speaking and listening.	12.30pm to 2.30pm	26/04/23 Wednesdays	11	Bryony Sims 07721512583 <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a>	Redcliffe Community Hub 4 Waring House BS1 6TB <b>No Creche</b> <b>Suitable for Pre-Entry and Entry 1 ESOL learners</b>

<b>ESOL Conversation Club EASTON</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Mondays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Easton Community Centre Kilburn St BS5 6AW <b>All levels welcome</b>
<b>ESOL Conversation Club ZOOM</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Mondays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Session via ZOOM, please email for more info <b>All levels welcome</b>
<b>ESOL Conversation Club BEDMINSTER</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	2pm to 3pm	Mondays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Bedminster Library Bedminster Parade Bedminster BS3 4AQ <b>All levels welcome</b>
<b>ESOL Conversation Club HARTCLIFFE</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. <b>*creche spaces available*</b>	10am to 11am	Tuesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Hartcliffe Nursery and Children's Centre Hareclive Rd BS13 0JW <b>All levels welcome</b>
<b>ESOL Conversation Club HANNAH MORE PRIMARY SCHOOL</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. <b>*only for members of Hannah More school*</b>	2pm to 3pm	Tuesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Hannah More Primary School New Kingsley Road St Philips BS2 0LT <b>All levels welcome</b>
<b>ESOL Conversation Club CITY CENTRE</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Tuesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Central Library Café College Green BS1 5TL <b>All levels welcome</b>
<b>ESOL Conversation Club ST PAUL'S</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Wednesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	St Paul's Learning Centre 94 Grosvenor Rd BS2 8XJ <b>All levels welcome</b>

<b>ESOL Conversation Club BISHOPSTON</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	3.45pm to 4.45pm	Wednesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Bishopston Library Gloucester Road BS7 8BN <b>All levels welcome</b>
<b>ESOL Conversation Club UNITE VICTORIA STREET</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Wednesdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Unite the Union Tony Benn House Victoria Street BS1 6AY <b>All levels welcome</b>
<b>ESOL Conversation Club ZOOM</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Thursdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Session via ZOOM, please email for more info <b>All levels welcome</b>
<b>ESOL Conversation Club ST PAUL'S</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. <b>*creche spaces available*</b>	1.30pm to 2.30pm	Thursdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	St. Paul's Nursery School and Children's Centre Little Bishop Street BS2 9JF <b>All levels welcome</b> <b>*CRECHE SPACES AVAILABLE*</b> please book spaces by calling 07917615354
<b>ESOL Conversation Club CITY CENTRE</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Thursdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Central Library Café College Green BS1 5TL <b>All levels welcome</b>
<b>ESOL Conversation Club STOKE LODGE</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Thursdays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Stoke Lodge Adult Learning Centre Shirehampton Road BS9 1BN <b>All levels welcome</b>

<b>ESOL Conversation Club HORFIELD/SOUTHMEAD</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	1.30pm to 2.30pm	Fridays	Ongoing Term time	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	Southmead & Horfield Job Centre 1-15 Monks Park Ave BS7 0UD <b>All levels welcome</b>
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We welcome suggestions for new courses so please call us 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/>

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

Community Learning West Update



community  
learning west

## Community Learning West APRIL update

### Free Easter Nest photo and picture

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 [cltinfo@bristol.gov.uk](mailto:cltinfo@bristol.gov.uk) for more details.

## Courses starting soon...

### IT and Employment Skills

#### Horticulture Level 1 Award

Free practical course supporting you to gain a Level 1 award in Practical Horticulture. Suitable for ESOL entry 3 and above. Face-to-face at Hartcliffe City Farm, Lampton Road, Hartcliffe, BS13 0QH. 9.30am to 4.30pm, Tuesdays for 7 weeks from 28/03/23. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)



#### Level 2 Award In Independent Advocacy

Explore roles, responsibilities and skills needed to be an effective advocate to support others. Lots of support given on the course to get you to your qualification and beyond.

Face-to-face at venue to be confirmed. 9.45am to 11.45am, Mondays for 12 weeks from 17/04/23. Or online, 10am to 12noon, Wednesdays for 12 weeks from 26/04/23.

Contact Lucy Fieldhouse on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

#### Customer Service Level 1

Join a free friendly course supporting you to gain a Level 1 award in Customer Service. Suitable for ESOL entry 3 and above. Face-to-face at Bristol Launchpad, Ground Floor, The Galleries Shopping Centre. 1pm to 3.30pm, Thursdays for 13 weeks from 18/04/23. Contact Bryony Sims on 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

#### Horticulture Level 1 Award

Free practical course supporting you to gain a Level 1 award in Practical Horticulture. Suitable for ESOL Entry 3 and above. Face-to-face at Grow Wilder, 181 Frenchay Park Road, Bristol BS16 1EL. 9.30am to 12.30pm, Wednesdays for 14 weeks from 19/04/23. Contact Catherine Landon on 07785 702454 or email [catherine.landon@bristol.gov.uk](mailto:catherine.landon@bristol.gov.uk)





### Digital Skills For Work

This intermediate course will give learners skills to use in the workplace and at home.

Suitable for ESOL Entry 2 and above. Face-to-face at St Paul's Learning Centre, 94 Grosvenor Rd, St Paul's, BS2 8XJ. 1pm to 3.30pm, Thursdays for 8 weeks from 20/04/23. Contact Carol Griffiths on 07341 882755 or email [Carol.Griffiths@bristol.gov.uk](mailto:Carol.Griffiths@bristol.gov.uk)

### Introduction To Beauty

Learn new skills and explore qualifications needed for working in the sector. Suitable for Entry 3 and above. Face-to-face at The Park, Daventry Road, BS4 1DQ. 9.30am to 11.30am, Fridays for 6 weeks from 21/04/23. Contact Lucy Fieldhouse on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

### Getting Ready For Work

A practical, friendly course to help you brush up on your application and interview skills.

\*Free lunch from Glen's Kitchen for every attendee\* Suitable for ESOL Entry 2 and above. Face-to-face at St Paul's Learning Centre, 94 Grosvenor Rd, St Paul's, BS2 8XJ. 9.30am to 2.30pm, Tuesday, Wednesday, Thursday for 1 week from 25/04/23. Contact Bryony Sims on 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

### \*Employability-English For Work

This course is for anybody who wants to return to work, looks for a job and needs to improve their English. Face-to-face at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, Easton, BS5 6AF. 10am to 1pm, Tuesdays for 7 weeks from 02/05/23. Contact Shining Care Training on 0117 955 2562 or email [info@shiningcaretraining.com](mailto:info@shiningcaretraining.com)

### \*Introduction To Adult Social Care

This course is for anyone who would like to work in the Social Care sector, is looking for a job as a carer and needs to improve English related to Social Care. Face-to-face at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, Easton, BS5 6AF. 10am to 1pm, Thursdays for 7 weeks from 04/05/23. Contact Shining Care Training on 0117 955 2562 or email [info@shiningcaretraining.com](mailto:info@shiningcaretraining.com)

### \*Introduction To Health And Social Care

Learn new skills and explore qualifications needed for working in the sector. Help with interviews and CV writing. Face-to-face at Wellspring Settlement, 43 Ducie Rd, Barton Hill, BS5 0AX. 9.15am to 2.45pm, Mondays for 4 weeks from 05/06/23. Contact Mohammed Rahman on 0117 955 6971 or email [mohammed.rahman@wsb.org.uk](mailto:mohammed.rahman@wsb.org.uk)

## Confidence & Aspirations, Health & Wellbeing



### Cooking On A Budget

Learn to cook tasty healthy recipes for you and your family. Face-to-face at Oldbury Court Children's Centre, Frenchay Road, Bristol BS16 2QS. 10am to 12noon, Thursdays for 6 weeks from 20/04/23. Contact Catherine Landon on 07785 702454 or email [catherine.landon@bristol.gov.uk](mailto:catherine.landon@bristol.gov.uk)



**Live Well And Save Energy**

A practical cooking course full of budgeting tips to help you save energy and cook healthy meals for you or your family. Face-to-face at Knowle West Healthy Living Centre, 5 Downton Road, BS4 1WH. 12.30pm to 2.30pm, Fridays for 6 weeks from 21/04/23. Contact Lucy Fieldhouse on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

**\*SewShall**

Join us for an opportunity to share creative skills and give back to your community! Face-to-face at Malcolm X Community Centre, 141 City Road, BS2 8YH. 10am to 1pm, Fridays for 7 weeks from 28/04/23. Contact Malcolm X Community Centre on 07436 261835 or email [info@mxccbristol.com](mailto:info@mxccbristol.com)

**Beginners Woodwork**

A practical short course to learn some new woodwork techniques and build planters. Face-to-face at Brunel Care, St John's Court, Mayfield Park, Fishponds, BS16 3PY. 9.30am to 2.30pm, Wednesday and Thursday on 17/05/23 and 18/05/23. Contact Catherine Landon on 07785 702454 or email [catherine.landon@bristol.gov.uk](mailto:catherine.landon@bristol.gov.uk)

**Learning For Life**

Come and sign up for a range of courses all running from Hartcliffe Nursery School and Children's Centre. Sign up at nursery school main reception and secure a place on a wide range of courses running from September 23 onwards. Free creche with each course. Contact Helen Richards on 0776090855 or email [Helen.richards@bristol.gov.uk](mailto:Helen.richards@bristol.gov.uk)

**ADDER Project**

Open to anyone with a current or previous addiction to alcohol or drugs. Also open to those with addiction issues who have links with the Criminal Justice System. One to one support with job searching, access to resources and small, supportive courses. ADDER learners will be supported to access courses and workshops that suit needs. Contact Lucy Fieldhouse [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk), Bryony Sims [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk) and Michael Allen [Michael.allen@bristol.gov.uk](mailto:Michael.allen@bristol.gov.uk)

**ESOL Conversation Clubs and Courses****ESOL Entry 1**

A beginner's ESOL course for people who aim to improve their reading, writing, speaking and listening. Suitable for Pre-Entry and Entry 1 ESOL learners. Face-to-face at Redcliffe Community Hub, 4 Waring House, BS1 6TB. 12.30pm to 2.30pm, Wednesdays for 11 weeks from 26/04/23. Contact Bryony Sims on 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

**ESOL Conversation Clubs. Face-to-Face**

Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. Face-to-face and term time. Email [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk) All levels welcome.

**MONDAYS**

- EASTON, Easton Community Centre, Kilburn St, BS5 6AW. 10am to 11am
- BEDMINSTER, Bedminster Library, Bedminster Parade, BS3 4AQ. 2pm to 3pm

#### TUESDAYS

- **HARTCLIFFE**, Hartcliffe Nursery and Children's Centre, Hareclive Rd, BS13 0JW. 10am to 11am
- **HANNAH MORE PRIMARY SCHOOL**, New Kingsley Road, St Philips, BS2 0LT. 2pm to 3pm  
For Hannah More community only.
- **CENTRAL LIBRARY**, Central Library Café, College Green, BS1 5TL. 5.30pm to 6.30pm

#### WEDNESDAYS

- **ST PAUL'S**, St Paul's Learning Centre, 94 Grosvenor Rd, BS2 8XJ. 10am to 11am
- **BISHOPSTON**, Bishopston Library, Gloucester Road, BS7 8BN. 3.45pm to 4.45pm
- **UNITE VICTORIA STREET**, Unite the Union, Tony Benn House, Victoria Street, BS1 6AY. 5.30pm to 6.30pm

#### THURSDAYS

- **ST PAUL'S**, St. Paul's Nursery School and Children's Centre, Little Bishop Street, BS2 9JF. 1.30pm to 2.30pm. Creche available, please call 07917615354 to book creche place
- **CENTRAL LIBRARY**, Central Library Café, College Green, BS1 5TL. 5.30pm to 6.30pm
- **STOKE LODGE**, Shirehampton Road, BS9 1BN. 5.30pm to 6.30pm

#### FRIDAYS

- **HORFIELD/SOUTHMEAD**, Southmead & Horfield Job Centre, 1-15 Monks Park Avenue, BS7 0UD. 1.30pm to 2.30pm

#### ESOL Conversation Clubs. ONLINE

Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. Online using ZOOM and term time. Email [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk). All levels welcome.

#### MONDAYS

- 10am to 11am

#### THURSDAYS

- 10am to 11am

*\* 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/>



**COMMUNITY  
LEARNING**

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

## Centre for Deaf and Hard of Hearing People Welcome Spaces



Centre for Deaf and  
Hard of Hearing People

# Welcome Spaces

**Pop-up sessions for Deaf and hard of hearing people – everybody welcome**

**Join us at these locations and times for information and support**

**Meet our CfD staff and learn more about what we do**

### Avonmouth

Avonmouth Community Centre  
257 Avonmouth Road  
Bristol BS11 9EN  
Friday 3rd March: 10:00 – 2:00pm  
Monday 20th March: 10:00 – 2:00pm

### Bishopsworth

Brunelcare  
Waverley Gardens  
Bishopsworth  
Bristol BS13 8EL  
Friday 24th February: 10:00 – 2:00pm  
Wednesday 22nd March: 10:00 – 2:00pm

### Fishponds

Bristol Charities  
Vassall Centre, Gill Avenue  
Fishponds  
Bristol BS16 2QQ  
Friday 10th March: 10:00 – 12:00pm  
Tuesday 28th March: 10:00 – 12:00pm

### Lockleaze

Lockleaze Neighbourhood Trust  
The Hub - 1 Fedden Buildings  
Gainsborough Square  
Bristol BS7 9FB  
Wednesday 8th March: 10:30 – 1:30pm  
Wednesday 29th March: 10:30 – 1:30pm

### Redcliffe

St Mary Redcliffe Community Hub  
4 Waring House, Redcliffe,  
Bristol BS1 6TB  
Monday 6th March: 12:00 – 2:00pm  
Friday 17th March: 10:00 – 11:30am

For more information please contact Centre  
for Deaf and Hard of Hearing People:  
Phone: 0117 9398653  
Mobile Phone / SMS text / WhatsApp:  
07545 264840  
Email: [office@cfid.org.uk](mailto:office@cfid.org.uk)



Quartet  
Community  
Foundation

**BRISTOL**  
ONE CITY