

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

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

**May 2020**

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

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

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

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

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

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

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

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# **Service Updates and Information for Young People**

# **MENTORING AT OTR**

**In response to the current situation, we have set up a new mentoring project, focusing on tackling feelings of isolation and loneliness. This will be done through skill-sharing with other peers.**

**You will be matched with an OTR Peer Representative, to have weekly session via text, video call or email.**

**The focus is not talking about emotions - it is focused on learning together and sharing skills.**

**If you are aged 14-22, living in Bristol or South Glos and would like to be matched up with a mentor to learn a new thing or two, sign up here:**

**bit.ly/OTR-SignUp**

**#iwill**

**<http://bit.ly/OTR-SignUp>**



Follow this link to find out more about OTR during lock down and sign up to their Newsletter to see what's happening this week <https://www.otrbristol.org.uk/2020/05/coronavirus-statement-may/>

# **BARNARDOS' HYPE**

## **HELPING YOUNG PEOPLE ENGAGE**

### **WHO ARE WE?**

**HYPE IS A SERVICE FOR PEOPLE AGED 21 AND UNDER WHO  
HAVE ACCESSED MENTAL HEALTH SERVICES**

**WE WANT TO HELP YOU **GET YOUR VOICE HEARD** WITHIN  
SERVICES!**

### **WHAT IS THE HYPE BLOG?**

**A PLATFORM TO **SHARE YOUR THOUGHTS, EXPERIENCES,**  
**AND TOP TIPS** WITH OTHERS**

**WHAT YOU HAVE TO SAY IS VERY IMPORTANT, AND  
DESERVES TO BE HEARD!**

### **WHAT ARE WE LOOKING FOR?**

**HOW ARE YOU STAYING **MENTALLY HEALTHY** DURING  
COVID-19?**

**WHAT IS **HELPING** YOU?**

**WHAT DOES YOUR **DAILY ROUTINE** LOOK LIKE?**

**WHAT ARE YOUR **FAVOURITE COPING STRATEGIES**?**

**GOT SOMETHING ELSE YOU WANT TO SHARE? **THAT'S GOOD  
TOO!****



## QUESTIONS?

**CAN MY POST BE ANONYMOUS? ABSOLUTELY!**

**CAN I WRITE ABOUT XYZ? PROBABLY! WE WILL BE CHECKING TO MAKE SURE POSTS ARE NOT PROMOTING HARMFUL BEHAVIOURS OR SHARING PERSONAL DETAILS, BUT ANYTHING YOU WANT TO WRITE ABOUT SHOULD BE FINE. WE WILL EXPLAIN TO YOU WHY WE DO NOT FEEL SOMETHING IS APPROPRIATE, IF THAT'S THE CASE.**

**I'M NOT VERY CREATIVE. CAN I STILL JOIN IN? YEP! IF YOU DON'T FEEL COMFORTABLE USING CANVA, YOU CAN SEND US YOUR SUBMISSION AND WE CAN FORMAT IT FOR YOU. WE CAN ALSO SUPPORT YOU TO USE CANVA IF YOU WANT TO GIVE IT A GO!**

**ANOTHER QUESTION? DROP US A MESSAGE OR EMAIL US AT ... AND WE'LL REPLY AS SOON AS WE CAN!**

## HOW CAN YOU GET INVOLVED?

**MESSAGE US ON FACEBOOK AT BARNARDO'S HYPE BLOG**

**OR**

**EMAIL US AT [HYPE@BARNARDOS.ORG.UK](mailto:hype@barnardos.org.uk)**



# *HYPE the Art Project*

**Barnardos HYPE service works with under 25's to create change in children's health.**

**A team of health champions (all under 25) have created projects to support all our mental health.**

**Our vision is to create a photo album on our Blog. We want to create a visual record of what the COVID-19 pandemic was like for under 25s. We want this to include virtually any Artwork!**



**We would love to see your Paintings, Photographs, Crafts, Doodles or absolutely anything you create that shows how you are getting through day-to-day. Anything creative that really makes a difference to your mood and wellbeing. Submit your art to us via our Facebook page: Barnardo's HYPE Blog.**

**You can post as often as you like, we would love it if you wanted to post everyday!**

We have a small budget for art materials, that can be delivered to you at home, if you need them. Contact Bridget, if you would like to chat about materials or any other aspect of the projects, on: 07827256259.

**Believe in  
children  
Barnardo's**



## Resources and Advice for Young People



[Social distancing and self-isolation advice](#) from Young Minds (for young people and parents of teenagers)



[Coronavirus guidance on vulnerable children and young people](#) from DfE and PHE



[Support for 10-18 year olds via ThinkNinja app](#) freely available to all 10-18 year olds UK-wide for the duration of the crisis. The new content is designed to bring self-help knowledge and skills to children and young people who maybe experiencing increased anxiety and stress during the crisis.

# **Service Updates and Information for Parents and Carers**

## N-Gaged Care and Support offer during the lockdown period



### A Virtual Hug from N-Gaged

#### N-Gaged Care and Support during Covid-19

COVID 19 has seen a dramatic change in people's work and personal life's – we are here to help you!

We are able to offer a full range of support during these difficult times to people across the Community

This includes :-

- Well Being Support & Advice
- Signposting to appropriate local charities/organisations
- Help and advice if you're Furloughed
- Support for those Redundant or at risk
- Online Training across many areas
- Free – National Careers Service
- Links to local job vacancies
- Unemployed concerned about your future

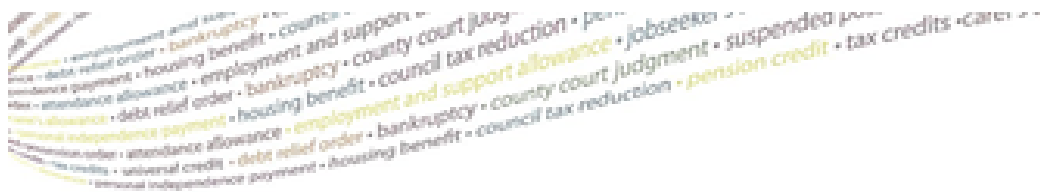
Please contact us on:

Tel: 0117 9710883 or email: [mail@n-gaged.co.uk](mailto:mail@n-gaged.co.uk)

N-Gaged has always had a reputation of putting our customer's first - now more than ever we are here to HELP Everyone we can.



## Welfare Rights & Money Advice Service – contact details and information



### Welfare Rights and Money Advice Service



#### Helpline factsheet

- 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?

#### We can help

Claiming the right benefits or finding information can be hard work and very confusing during the coronavirus pandemic, but don't give up!

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)

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>

This factsheet is produced by Bristol City Council Welfare Rights and Money Advice Service  
May 2020



Details of other agencies in Bristol which can provide professional and expert welfare benefits, money and debt advice can be found here

<https://acfa.org.uk/>

## Breastfeeding Support Team – Virtual breastfeeding support groups schedule

### Virtual breastfeeding support groups run by the Bristol Breastfeeding Support Team

DAY	TIME		METHOD	Facebook group
Monday	1-2.00pm		Facebook/Zoom	BAPS@Wellspring
Tuesday	11.30am – 1.00pm		Facebook	Babes@Hengrove & Whitchurch
Tuesday	1-2.30pm		Facebook	Compass Point & Hope Chapel breastfeeding crew
Tuesday	1-3.00pm		Facebook	Brentry, Henbury & Southmead breastfeeding group
Wednesday	11.30am – 1.00pm		Facebook	Brentry, Henbury & Southmead breastfeeding group
Thursday	10-11.30am		Facebook/Zoom	The Honeysuckle Café
Thursday	10.30am – 12.00pm		Facebook	Milk Tots @ Knowle Clinic
Thursday	1.00-2.30pm		Zoom	Lawrence Weston Breastfeeding Support Cafe
Thursday	1.30-3.00pm		Facebook	Compass Point & Hope Chapel breastfeeding crew

Updated 20/4/20 by Sandra Tanner, Bristol Breastfeeding Support Team Lead  
Sandra.tanner@bristol.gov.uk

<https://www.bristol.gov.uk/social-care-health/breastfeeding-in-bristol>

## Action for Children – Digital Support for Parents



Action for Children also have some digital support available for parents:

- [Early Years](#): Parenting support for under 5s that you can trust with advice from our under 5s team, 1:1 online chat and signposting to local services.
- [Parental conflict](#): Advice for parents
- [Build Sound Minds](#): Creating a positive space to promote mental and emotional wellbeing. Giving parents the tools to help improve your children's mental health.
- [Support for Parents](#) landing page
- [‘Supporting ‘off-radar’ children and young people who are at risk of violence/abuse in their household’](#)

## Online Courses and Resources for Parents

- [Me, You and Baby Too](#)  
We know that having a baby is one of the biggest life changes we can go through. We will be tired and stressed, and we may argue more. The videos help us learn to argue better so that we can sort things out and move on together. Why stress should be a shared burden. It can also be accessed through [baby buddy](#) app see '[You and your partner](#)'.
- [Free online parenting course](#) from UK Charity Family Links and hosted by Netmums. This is an eight-session email course that guides you through different parenting topics and situations, helping you become a more confident parent.



- [Parenting during Covid](#) some useful advice and downloadable resources here from Triple P
- [Advice for parents and families with a child in the care system](#) from the Family Rights Group
- [COVID-19 guidance for children and families](#) from Cafcass (for those co-parenting and with child arrangement agreements in place)
- [Co-Parent Hub](#), a free online resource for separated families linking together expertise from across the family justice sector

## Off the Record – Support Group for Parents

**otrbristol | 7th May 2020**



<https://www.otrbristol.org.uk/2020/05/resilient-parenting/>

For parents and carers, the changes that Coronavirus has brought with it are particularly complex. Suddenly being unable to rely on the support of schools, nurseries, wider family members and neighbours to help care for your children means that parents and carers are under a lot of pressure, and often while also trying to work from home. This can feel like a daunting and overwhelming task.

OTR is hosting a new 'Resilient Parenting' group, you can find the details and sign-up below.

First, we want to give a few pointers about how to look after yourself throughout this big challenge:

### **Work on the basics**

Getting enough sleep, eating healthy food, drinking enough water and getting some daily exercise are key to staying well and looking after both your physical and mental health. If you focus primarily on these things, both for you and your family, you will have a stable foundation from which to cope with the additional stresses and pressures you are facing.

### **Don't expect too much of yourself or your family**

It is easy to feel you should be providing a full timetable of education while working, keeping your home in order, maintaining contact with family, etc. There is so much advice online and so many things we all feel we 'should' be doing. It is simply not possible to do everything to the degree that you might like. Don't expect yourself to be able to. Create a simple routine that includes the essential things and decide that is enough. Reducing the pressure on yourself and those around you will make everyone feel better.

### **Prioritise time for yourself**

Don't forget to include time for yourself in your list of essential things to do. It is easy when you are caring for others, to let this slip to the bottom of your priority list. Make sure you prioritise time for yourself – in whatever way you need to restore your energies. You feeling good is important for those you care for too.

### **Connect to other parents and carers**

Make time to chat to friends and family about how you are feeling. Reach out for support and share the stresses you are facing. There are lots of other people finding



things difficult – no matter what their social media might say. You could also join our Resilient Parent group (sign up below!) to connect to others and make dedicated time for yourself.

## **Switch off**

For many of us, life has gone online. Our work may be online, kids schooling may be online and then our social lives have also become dependent on online platforms. We are also being bombarded with news that is scary and unsettling. Some of this can be great for remaining connected and informed, but it can also be exhausting and stressful. Find time every day when you switch technology off and spend some time in the present moment. For example you might switch everything off while you cook and eat dinner, and give yourself and your family time off from external pressures.

For more advice on how to support your child during this time please visit [this page on the NSPCC website](#).

## **Would you like more support for you as a parent/carer during this time?**

**Join our Resilient Parenting group, 8-9.30pm, starting Thursday May 21st for six weeks, via Zoom. Please provide some basic details below to sign-up, and we will be in touch.**

<https://www.otrbristol.org.uk/2020/05/resilient-parenting/>

### **Registered Address**

OTR Bristol  
8-10 West Street  
Old Market  
Bristol BS2 0BH

hello@otrbristol.org.uk  
0808 808 9120  
(enquiry line only, Mon-Fri 2-5pm)

## Families in Focus Parenting Menu – Online Courses

### Bristol based Parenting Menu On-line City-wide Courses Term 5+ 2019-20

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

All courses are Free and available to Bristol Parent/Carers

<http://www.bristol.gov.uk/page/children-and-young-people/parenting-courses-currently-running-bristol>

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

Course	Provider & Platform	Dates/Times/Contact
<b>Parents Plus Adolescents Programme</b>  For parents of young people aged 10-17years	Families in Focus Parenting Team  Zoom Programme	<b>Tuesdays 9am – 11am</b>  Starts 26th April 2020  Contact Gail Hunter: 07584 202 855
<b>Parents Plus Adolescents Programme</b>  For parents of young people aged 10-17years	Families in Focus Parenting Team  Zoom Programme	<b>Wednesdays 8pm – 10pm</b>  Starts 27th May 2020  Contact Deborah Davis: 07880 179204 <a href="mailto:Deborah.davis@bristol.gov.uk">Deborah.davis@bristol.gov.uk</a> or Chris Hardy: 07552 289 599

Course	Provider & Platform	Dates/Times/Contact
<b>Incredible Years</b>  For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team  Zoom Programme	<b>Thursday 7.45pm – 10pm</b>  Starts 4 <sup>th</sup> June 2020  Contact: Jude Elias: 07919397634 or Tasha Kirby: 07464510313
<b>Incredible Years</b>  For parents of children aged 3 – 10years with challenging behaviour	Families in Focus Parenting Team  Zoom Programme	<b>Mondays 12.45 – 2.45pm</b>  Starts 1 <sup>st</sup> June 2020  Contact: Vicky Collis: 07464 983 531 or Vicky Mundy: 07464 989 849
<b>Timid to Tiger</b>  For parents of children aged 3 – 10years with anxiety.	Families in Focus Parenting Team  Zoom Programme	<b>Tuesdays 8pm – 10pm</b>  Starts 26 <sup>th</sup> April 2020  Contact Denise Gully: 07881 267 126 or Gail Hunter: 07584 202855
<b>Non-Violent Resistance (NVR)</b>  Parents of children and teens (8-17y) with aggressive / violent behaviour	Families in Focus Parenting Team  Zoom Programme	<b>Mondays 7.15pm – 9.15pm</b>  Starts 4 <sup>th</sup> May 2020  Contact: Karen Legge: 07384 243 765
<b>Non-Violent Resistance (NVR)</b>  Parents of children and teens (8-17y) with aggressive / violent behaviour	Families in Focus Parenting Team  Zoom Programme	<b>Wednesdays 10am – 12pm</b>  Starts 6 <sup>th</sup> May 2020  Contact Rowan Stewart: 07384 243 765 or Saf Cooper: 07760 990 850

## Virtual Timetable

Access advice and support from the safety of your home with our daily Facebook posts.




Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stay &amp; Play 10AM</b> Activity ideas, stories and singing.	<b>Parenting Tips 10AM</b> Tips and ideas for parents.	<b>Sensory Baby 11AM</b> Sensory play and activities to do at home with your babies. Weekly ideas and videos.	<b>Message Board 10AM</b> Information about services available to you and how to access them. Videos, links and information.	<b>Health Matters 10AM</b> Ideas, links and videos for adults and children about how to stay mentally and physically well.
<b>Early Bird Group</b> Via video link <b>1:30PM – 2:30PM</b> A group for families with babies born prematurely or who have spent time in special care after birth. Please call Filton Avenue 0117 3772685 for more information.	<b>Parent Hotline 10:30AM – 12:00PM</b> Phone line available for parents to ring to talk to a practitioner about parenting issues. 0117 903 0740.	<b>Songs for Babies 1PM</b> Tune in for a virtual version of our 'Boppin' Babes' session with Sarah, Family Support Worker at BHCC.	<b>Online Learning Resources for Parents 1PM</b> Look out for information about virtual community learning.	
	<b>Breastfeeding Support 1:30PM</b> Weekly information, videos and Facebook groups for advice about breastfeeding.			

 **Please Like & Share**  
[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)

Course	Provider & Platform	Dates/Times/Contact
<b>Antenatal Rockabye</b>  To support women in their 2nd trimester of pregnancy to prepare for parenthood	<b>A free 6-week group funded by Bristol Impact Fund.</b>  Zoom Programme	<b>Tuesdays 10am – 11.30am</b>  Starts 9th June 2020 for 6 weeks  please email <a href="mailto:information@rockabye.org.uk">information@rockabye.org.uk</a>

## FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

### Parenting Supervisor

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M: 07760 990 850

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### Parenting Specialists

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### Parenting Supervisor

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### Parenting Specialists

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[Chris.hardy@bristol.gov.uk](mailto:Chris.hardy@bristol.gov.uk)

Lucy Dixon

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[Lucy.dixon@bristol.gov.uk](mailto:Lucy.dixon@bristol.gov.uk)

Kauser Perveen

M: 07464 983 529

[Kauser.perveen@bristol.gov.uk](mailto:Kauser.perveen@bristol.gov.uk)

### East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 357 6460

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

### Autism Family Courses

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

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

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

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

**For more details on any of the Autism Family Courses,**

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

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

Tel: 07827 896 70

Email: [menai.gore@bristol.gov.uk](mailto:menai.gore@bristol.gov.uk)

**The YARD Group for parents of Youths and Adolescents using Recreational Drugs-** 8 x 1 1/2 hour sessions fortnightly: information, guidance and practical advice to parents of children who are using drugs or alcohol delivered by Bristol ROADS

For more details please contact:  
Tel: 0117 916 6588

Email: [family@dhi-services.org.uk](mailto:family@dhi-services.org.uk)

## Online Parenting Courses / Advice and 1:1 Telephone Coaching

• **Family Lives** - Confidential Helpline: 0808 800 2222 Web: <http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

□ **Parenting UK** - Web: <http://www.parenting.co.uk/>

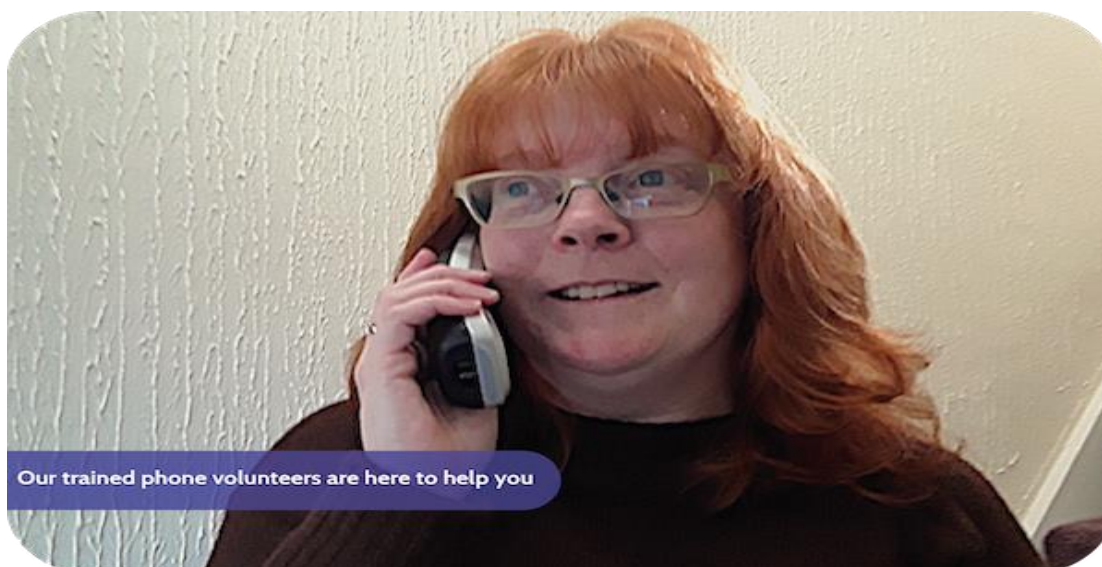
□ **Netmums** - Web: <http://www.netmums.com/parenting-support/parenting-advice/netmums-parenting-course-about-the-courses>

□ **NSPCC** - Tel: 0808 800 5000, Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or text 88858

□ **Mindfulness for parents-** <http://www.connectingwithmindfulness.co.uk/>

□ **Community Learning Team - Parenting during Lockdown** <https://communitylearningwest.net/events/parenting-staying-sane-during-lockdown-online/>

## Update from Bristol Autism Support



## We are here for you

Not much has changed for most of us after [Sunday's announcement from the PM](#). It may make a big difference or none at all to your situation. It's such a strange time. Whatever happens, we are open and here to help you. I've been working hard this past week to get some new things up and running to help you.

**All of these services are entirely free for our members.** Not a member yet? [Click here to sign up now.](#) Membership is free and comes with a wide variety of great benefits.

### Phone support service

We've launched a new phone support service which will be run by our trained volunteers. This is a general support service, meant to give you an opportunity to chat to a friendly person who gets what it's like to raise (and be locked in with!) an autistic child. We have several opportunities each week for you to book in a 20-minute call. [Please click here to learn more about this service](#)

### Mentoring scheme

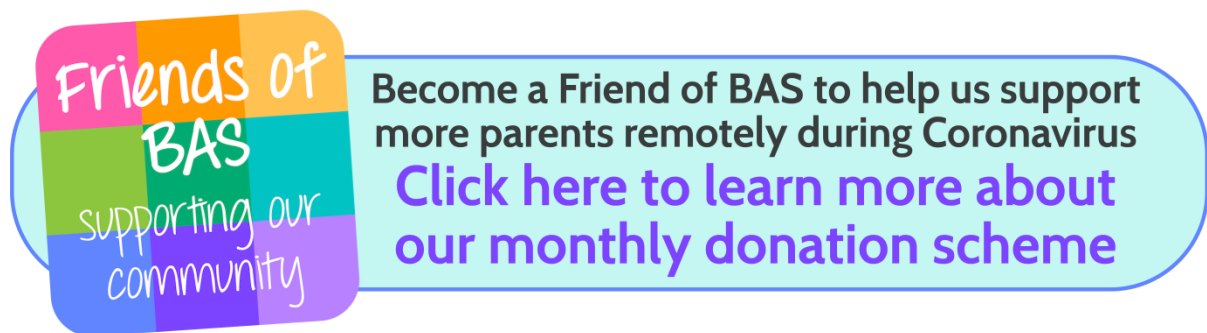
We've also launched our Buddy Scheme. This is a mentoring scheme which will give parents who are new to autism (pre-diagnosis to one year post diagnosis), or



parents dealing with a specific challenge to have a mentor for a six week period to help you work through your issues, worries and concerns. [Please click here to learn more about this service](#)

### Zoom sessions

We've been running weekly Zoom sessions for the past month. These have been a great way to just have a general chat and see some friendly faces. We are still developing this service. [Please take a minute to complete our Zoom Survey](#) so that we know what you want. While we are working out the details, we do have several Zooms running each week. The details of these are listed in our Facebook group events list and soon added to our website so they are easy to find.



recipients!

[Please click here to learn more about this service](#)

I hope everything is going as well as possible for you and your family. I think about you all of the time!

All the best,

A handwritten signature in black ink, appearing to read "Kate".

**Kate Laine-Toner**  
**Founder and Director**

## Relate – The Relationship People – Support during lockdown period



The coronavirus outbreak is leading to big changes in the way we live our everyday lives. Our relationships will be hugely important for getting us through this but self-isolation, social distancing and other concerns may also place them under added pressure. Here you can find blogs, advice and tips for helping your relationships stay healthy during the pandemic.

Relate has increased the availability of our highly trained counsellors to support everyone's relationships during this unprecedented time. More details about our [Live Chat, telephone and webcam counselling services can be found here](#). Details of [your local Relate service can be found here](#).

[Covid-19 advice and tips for healthy relationships](#) from Relate

[Advice on how to handle arguments](#) from Relate

## The Sanctuary Service Update – Telephone Mental Health Service



# The Sanctuary

We hear you. We are here for you.  
We are a safe place.



**Service update**

**We are currently running a telephone only service.  
This is seven days a week from 4-10pm.  
You can call us on 01179 542 952 or 07709 295 661.  
After an initial informal assessment we will  
allocate a time slot for people during  
the evening when staff will call  
back and offer support.**

**Bristol  
Mental  
Health** ..... **the  
sanctuary**

**St Mungo's**  
Rebuilding lives



The Sanctuary is a safe space for you, for when you can't cope any more or are feeling desperate and alone.

We are running a telephone only service, seven days a week from 4-10pm. We will work with you as an individual to try and find some balance.

Please call us to book a time and help us to identify how we can support you.

## About us

The Sanctuary is managed by St Mungo's.

**St Mungo's** is a charity and housing association which manages emergency, prevention and recovery services for people who are homeless or at risk of homelessness.

The Sanctuary is part of **Bristol Mental Health**, created in 2014 following calls from service users, carers and GPs for better mental health services in the city.

**Bristol  
Mental  
Health**

**the  
sanctuary**

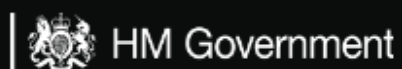
**St Mungo's**  
Rebuilding lives

© 2017 St Mungo's, 1120, Place of Thomas More Square, London E16 1PL. Tel: 020 3886 8000 Fax: 020 3886 8000 [www.stmungos.org](http://www.stmungos.org)  
St Mungo Community Housing Association is a registered charity and a limited company, registered in England and Wales.  
Registered Charity no: 1880585, Company No: 6234826, Housing Association No: H0276



# **Employment Opportunities and Online Courses**

## The Skills Toolkit – Free Digital and Numeracy Courses



### The Skills Toolkit

Free digital and numeracy courses to build your skills.

Want to learn a new skill while at home?

Find free, high quality digital and numeracy courses in The Skills Toolkit.

[Explore free online courses](#)

Digital and numeracy skills are amongst those that are most sought after by employers, and can help you progress in work and boost your job prospects. Digital skills can be anything from using social media and staying safe online to coding, programming or digital marketing.

You can choose from a selection of high quality courses put together in collaboration with experts. Find a level and time to study that's right for you. The Skills Toolkit makes it easy for you to boost your skills.

### Why improve your digital skills?

Digital skills are valuable and sought after for all kinds of jobs.

- 82% of all job vacancies require digital skills [\[1\]](#)
- Roles requiring digital skills pay 29% more than those that don't [\[2\]](#)
- In recent years, the number of digital jobs grew almost three times as quickly as other occupations [\[3\]](#)

We know lockdown has made life difficult for many of us, but if you can find the time, grab this opportunity to build up your existing skill set and discover new talents.

### [Get started today](#)

<https://theskillstoolkit.campaign.gov.uk/>

**Online Courses to help expand your skills and knowledge from the  
DWP and Partners in Bristol**



## Expand your skills and knowledge

Partners in Bristol part of City of Bristol College and the DWP have joined together to offer you a range of online learning courses.

What you will find is an extensive range of valuable and innovative courses to meet your individual needs.

The courses which are fully funded will come at no cost to you and will be supported by your own expert tutors.

We hope you enjoy discovering what is available to you, but should you want further information please contact us:  
Online@pib.cityofbristol.ac.uk or talk to your work coach.

Online courses <https://returntowork.theskillsnetwork.com>

## Community Learning – IT/ Office Skills for Work

### COMMUNITY LEARNING



Online course, starts in May, Tuesdays, 10-12noon, 6 weeks.

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

Join an intermediate course which will include e-safety, word processing, spreadsheets and making presentations. Find out about the ways2work website, National Careers Service or Future Bright support, to help you move on.

**Tutor:** Carmel Zapata

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

Find more details online at [www.communitylearningwest.net](http://www.communitylearningwest.net) or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) or contact me on 07887451776.



**BRISTOL**  
LEARNING CITY

EMPLOYMENT  
SKILLS &  
LEARNING



## Community Learning – English Conversation Club



**ENGLISH CONVERSATION CLUB**

• Practise speaking English • Improve your confidence •  
• Meet new people • Fun activities •

Everyone's welcome.



**On line Conversation Clubs**

If you would like to join our free, English speaking classes and practice in a friendly and relaxed atmosphere via Zoom app, just email [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk) and we will email you with time and dates to our Zoom meetings.

**BRISTOL**  
LEARNING CITY





## Code Nation- Kickstart your career and learn the skills employers demand

### Kick start your career & learn the skills employers demand A pathway to the future

Over 3 weeks of study, you'll gain an insight into the digital sector and decide whether a career in Coding is for you. We call our 3-week courses the 'Develop' courses, and they are a proven pathway to careers in the digital sector.

These full-time, classroom based courses prepare you for a great career in tech, regardless of your age or previous experience. In fact, 89% of our students had no prior knowledge of the subject before studying with us.

We believe that anyone with the right drive and attitude can find success in the sector, and we have successfully trained over 350 job seekers through our Develop courses, helping to kick start their new careers in tech.

Coding is becoming an essential skill in a world immersed in social media, apps, the web and smart technology. There are amazing career opportunities out there too - no matter what age you are or how much experience you have. With a shortfall of literally hundreds of thousands of technical professionals looming, now's the time to get involved.

{codenation}



### Creating Employable Talent

- Business-led training to prepare you for a career in tech
- Supported by professional teachers and technical experts
- Work with the latest technology in a state-of-the-art campus
- Build websites and apps using technologies like JavaScript, HTML, CSS, Python and Swift
- Meet the employers who hire our graduates
- Take part in recruitment days to find your new role
- Gain a level 2 qualification in your chosen subject
- Complete 3 weeks of full-time work experience to add to your CV



### Jody's story

"I'd always had a passion for tech and was desperate to find some kind of training that would help me get a career doing something I loved. I was delighted when my case worker told me about the courses that Code Nation offer!

I studied on the 3 week Coding course which gave me a solid understanding of coding and the opportunities on offer. I'm naturally very creative and it was really satisfying going from thinking of an idea, understanding what I needed to do to make it, and seeing my ideas come to life when I'd learnt to build my own websites and apps.... It's truly amazing that 3 weeks of learning gave me so much knowledge.

My highlight of the course was when I found out I could apply for jobs through Code Nation. They work with so many businesses and their team helped me prepare for my first interview for a tech role. This part was the highlight because it enabled me to secure an Apprenticeship and further my training on the 12-week coding bootcamp!

I'm now employed as a professional Junior Developer, earning a great salary and doing what I love. The support from the entire Code Nation team was amazing, and I'm so thankful that their courses enabled me to turn a childhood hobby into a career".

### Accessible and inclusive

Our Develop courses are funded by the Adult Education Budget, which means if you're currently earning £16,000 per annum or less, or you're unemployed and in receipt of benefits these courses are totally free.

We strive to make what we do as accessible as possible, which is why there is no 'precourse' exam or course work to complete prior to studying with us.

### Want to change your future?

Get in touch today!

0117 442 0259  
ezra@wearecodenation.com  
www.wearecodenation.com

### Let's get social

We're super active on social media, and following us is a great way to stay up to date with what we get up to. We announce events, opportunities and upcoming courses over there!



{codenation}

## Job Centre Plus – Be a Work Hero – Keep Britain Running



### Be a Work Hero - help keep Britain running

Despite the disruption caused by the coronavirus outbreak, there are still thousands of critical jobs out there. We're here to help with information on what types of roles are good to apply for right now.

You can also find hints and tips on applying for jobs if you haven't done it for a while. If you are looking for a full or part-time job in England, Scotland or Wales – or even some temporary work during the coronavirus emergency – visit [Find a Job](#).

## Apply today

There are thousands of jobs available in critical industries like logistics, food retail, agriculture and care.



## Proud to Care Bristol – Information and Vacancies



Working in health and care involves much more than you might expect. It's not just about assisting people with their daily routines. It's about supporting others to live the best lives they can, making a huge impact as you encourage those that you care for to be as independent as possible. You're there to help them thrive and get the most from life. And to the people you support, you'll be so much more than just their carer. Do something extraordinary – be Proud to Care.

Proud to Care Bristol is part of the [Proud to Care South West campaign](#) which is being supported by Bristol City Council.

Vacancies throughout Bristol -  
<https://www.proudtocarebristol.org.uk/>



## Weston College – Cleaning Course



Online Information session  
10 am on the 13<sup>th</sup> May  
Start date : 18<sup>th</sup> May 9.15am



Are you interested in working in  
the Cleaning Sector?

Would you like to gain your Infection Control  
+ COVID-19 Qualification and the  
Principles of Cleaning Certificate?

This course is aimed at individuals wishing to  
pursue a career in the cleaning industry with  
underpinning knowledge in generic and  
specialist Cleaning areas

During this course you will be fully supported by Industry  
experienced coaches that will give advice and guidance  
all the way, so you will be in very good hands.

For further information Please contact your  
Job Coach or call 01934 411147

Email - [employability@weston.ac.uk](mailto:employability@weston.ac.uk) to find out more

Cleaning services

# **Activities and Resources for all the Family**

## Gympanzees – Fun Activities to do at Home for all Abilities



<https://www.gympanzees.org/our-home>

We are all facing very challenging times at the moment and we know how isolating and difficult it can be for children and young people with different abilities and their families.

We wanted to bring a bit of Gympanzees inclusive fun into your homes during this time and help you and your family play and exercise.

### **Videos and resources specific to children with different play and exercise needs**

All with a therapeutic twist so that your child receives health and well being benefits – all while having a great time.

Our resource pages are packed with ideas, information, 'how to' explanations, videos and external links to help your child develop a variety of skills.

## Community Learning – Online Courses for all the Family

**COMMUNITY  
LEARNING**

**Online courses for all the family**



**Join in your PJs, in the kitchen  
in the garden !  
Join in the fun anywhere!**

**One is a snail ten is a crab  
Fun games and activities with maths**

**Arts & crafts  
Have fun making and creating from things you  
find in the house**



**Food for thought  
Healthy eating made fun**

**Family first aid in the home  
Tips for all the family to stay safe**

**Phone/ text Helen on  
07760990855 for more info and to book places**



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SKILLS &  
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## Into Film Opportunity – Film Making Competition



### ✿ Nature in Your Neighbourhood ☐ Filmmaking Competition

We're excited to announce our **new filmmaking competition**, specially created to help children make the most of their time during lockdown.

**Nature in Your Neighbourhood** offers a fulfilling and creative project that young people aged 5 to 19 can complete within their schools or homes – plus a chance to win [fantastic prizes](#) including filmmaking equipment.

[Find out more](#)

## How it works

We're asking young filmmakers to celebrate their surroundings by creating a **3-5 minute live-action or animated short** that documents something they've noticed or appreciated while spending more time in their local area. Whether it's a school playground, local park or even a view from the window, we want to see it.

Shorts can be shot using mobile phones, tablets or cameras, and our [handy filmmaking resources](#) are a great place to start.

Films should be submitted online along with a completed entry form by the **closing date of Friday 19 June**.

[See the full details for Nature in Your Neighbourhood](#)

### May the best filmmaker win!

The makers of the winning film will receive a **home filmmaking bundle worth £300**, and two runners up will each get their hands on a year's **subscription to Netflix**.

[See all details](#)



### Simple filmmaking guides

Our resources on **live action filmmaking** and **stop-motion animation** will help young people get started. Share these with your pupils or use them in school.

[Download the resources](#)



## Access Sport – The Lockdown Bike Club – Cycling Activities

Access Sport are proud to introduce the Lockdown Bike Club – a community club for socially distant times. The activity list is below and more details and the activities can be found on the website

<https://www.accesssport.org.uk/news/the-lockdown-bike-club>

### THE LOCKDOWN BIKE CLUB CYCLING ACTIVITIES

**OFF BIKE ACTIVITIES**

- Access Sport Coaching Videos ● ●
  - Arm Session
  - Stability Session
- XLR8 Bike School Saturday Strength and Skills Sessions ● ● ●
- Access Sport Inclusive Activities ● ●
- British Cycling Ready Set Ride: ● ●
  - Fingers and Thumbs
  - Step It Up
- Matthis Dandois BMX Specific Lockdown Workout ● ● ●
- Smiley's Fit Club ● ● ●
- Lockdown Bike Club Live Session ● ●

**ON BIKE ACTIVITIES**

- Hackney BMX Club Weekly Challenge ● ● ●
  - Track Stand
- Bournemouth BMX Club Weekly Challenge ● ● ●
  - Limbo Pole
- Cornwall BMX Club Weekly Challenge ● ●
  - Wheelie Challenge
- Sole Cycling Indoor Cycling Sessions ● ●
- XLR8 Bike School Online Coaching ● ● ●
- Pedal Progression Coaching Video ● ●
- Source BMX ● ● ●
  - Corona Boredom Beaters

**Key Resources**

- BMX Hype Quiz with Liam Phillips
- Cycling UK: Coronavirus Q and A? Is It Safe to Cycle?
- Riders: Freestyle BMX App
- British Cycling: Ready Set Ride
- Sustrans: Cycles for Key Workers
- Sport England: #StayInWorkOut
- Ride Healthy: Biking during the COVID-19 Lockdown
- Love to Ride: 4 Steps to Get You Riding
- British Cycling: Insight Zone
- The Bristol Bike Project: Bike Hack (Maintenance) Videos

**Key:**

- Beginner
- Intermediate
- Free
- Small Fee

#StayActiveWithAccess  
#StayInWorkOut

f @AccessSport t @AccessSport i @accesssportuk ✉ bmx@accesssport.co.uk

For more information and links, go to [www.accesssport.org.uk/the-lockdown-bike-club](https://www.accesssport.org.uk/the-lockdown-bike-club)



Supported By:



## Empire Fighting Chance – Virtual Timetable



### OUR PACKAGE OF SUPPORT FOR SCHOOLS AND YOUNG PEOPLE

#### WHAT'S GOING ON AT EMPIRE FIGHTING CHANCE EACH WEEKDAY

We're fighting back against Covid-19 and have responded to what young people are telling us they need. Our range of support options help build young people's physical health and mental resilience during this difficult period. Keep fit, learn new skills and discover new possibilities for the future, so we can come out of this even stronger!

All our services are FREE during this period. To book onto any of the sessions, call the team on 0117 4523333, email [info@empirefightingchance.org](mailto:info@empirefightingchance.org), or send us a message on social media.

#### Boxing and Mentoring (age 10+)

Our coaches are online offering 1-1 workouts combined with intensive personal support.

#### School hub support

Our excellent coaches are going above and beyond by working with young people face to face who are still attending school whilst social distancing.

#### Online group boxfit sessions

Join us for a virtual junior group boxfit session!

#### Family boxfit sessions

Get the whole family moving with a boxfit session with one of our coaches.

#### Hello Future Careers Mentoring (age 13+)

Our Careers Coach will help you discover your passions, skills, career options and mini-goals to get you there – all while keeping fit!

#### Education Support (Yr7+)

1-1 remote support to motivate students to complete schoolwork and remain engaged with learning, plus our AQA awards for Personal Development.

#### ASDAN Sports & Fitness short course (age 13+)

Our virtual Sports and Fitness qualification to do from home. 4 hours of exercise, 2 fun research projects, and a certificate to put on your personal statement or CV!

#### Online Content hub

Resources, activities and workouts to help you keep fit and engaged.

**HEAD OVERLEAF FOR MORE DETAIL ON OUR VIRTUAL TIMETABLE »**



### VIRTUAL TIMETABLE

**Monday - 10AM**  
30 Minute Boxfit

**Tuesday - 10AM**  
Live Workout

**Tuesday - 1PM**  
Careers Q&A

**Wednesday - All day**  
Coaches Challenge

**Wednesday - 3PM**  
Coach Q&A

**Thursday - 9AM-12PM**  
Virtual drop in  
Ask us anything!

**Thursday - 5PM**  
Live workout

**Friday - 10AM**  
Friday Forum



### **MONDAY - 10AM: Virtual Boxfit - Zoom Video Conferencing**

Join us for a weekly boxfit session using Zoom, a great way to start your week off with a positive 30minute routine - tailored for all fitness levels. Grab a bottle of water and some space at home or outside, and get ready to sweat.

All you need to do is download the Zoom app, then our team will send you a link to the virtual session via email, WhatsApp or text message. Use the contact details above to book in!

### **TUESDAY - 10AM: Live Workout - YouTube Live / Instagram Live**

Join our coaches as they take you through a weekly live workout. Our workouts are suitable for all fitness levels. We will showcase a full version and a modified, easier version of all your favourite exercises. Grab your water and get ready for our livestream at 10AM sharp on YouTube Live and Instagram Live.

### **TUESDAY - 1PM: Careers Q&A Session - Instagram**

Careers Coach Aaron will answer all your questions on Instagram from 1PM every Tuesday. We're on hand to help you through this uncertain time, when there are lots of young people who might be struggling to get a job or worried about how their career prospects will be affected. Send us your questions using contact details above.

### **WEDNESDAY - All Day: Coaches Challenge - Instagram**

We'll be setting a choice of challenges for our coaches to tackle online - they put you through your paces and now it's time to get your own back! Always wanted to play coach and get your mentor to take on 50 squats? Maybe Matt should try 100 of those mountain climbers he's always challenging you to do?

We'll share options for you to vote on each Wednesday morning on Instagram, and the coaches will share their videos of them taking on the challenge with the most votes!

### **WEDNESDAY 3PM: Coach Q&A - Instagram**

Following on from the coaches challenge, our coaches will be discussing some of the key issues that young people have been facing, and answering questions about any topic. Our community is there for all to support each other, and this is a great opportunity to seek further advice anonymously and share knowledge!

Contact us with your questions, and we'll do our best to answer!

### **THURSDAY - All Day: Virtual Drop In - Instagram**

Join us for a personal development workshop, where we discuss mental/physical well-being. Based on our 'Training with the Champions' programme, you'll learn about Gratitude, Kindness, Action Not Outcome, The Magic of Mini-Goals and other ways to help better manage your mood and mentality.

We'll also cover subjects like cutting-edge workout routines and exercises, nutrition advice, because healthy body = healthy mind! Ask us your questions on social media and we'll come back to you.

### **THURSDAY 5PM: Live Workout - YouTube Live / Instagram Live**

Coaches Jamie and Sara will be taking you through their already popular live workout, mixing it up each week. No need to book, just look out for the YouTube Live / Instagram Live links on our social media channels, and get ready for a fun and challenging workout!

### **FRIDAY - All Day: Friday Forum - Twitter**

Friday Forum is our boxing focused Twitter takeover from our Head of Business Development and #Breaking-DownBoxing host Jamie Parry. He's talked you through boxing technique over the last few weeks, and now's your chance to have a conversation around anything boxing related. Who was your favourite boxer? What was their best fight? Who would you have loved to see matched up against each other?

We'll be setting you challenges throughout the day as well, so make sure your eyes are peeled on our Twitter feed!

## Stay at Home Talent Show Opportunity



STAY AT HOME AND COMPETE IN A LOCKDOWN FUNDRAISING TALENT COMPETITION.

**#UNLOCKYOURTALENT**

COMPETE IN DIFFERENT TALENT CATEGORIES AND AGE GROUPS.

GO TO [WWW.VINECOUNSELLING.ORG](http://WWW.VINECOUNSELLING.ORG) FOR HOW TO ENTER & T&CS

**FANTASTIC PRIZES INCLUDING:**

VOCAL, ART, DANCE AND PHOTOGRAPHY COACHING SESSIONS AND PLATINUM RECORDING PACKAGES AT BARE WALL STUDIOS

**AMAZING JUDGES INCLUDE:**

DEKE SHARON, MUSICAL DIRECTOR OF THE PITCH PERFECT MOVIES

KAREN HAUER FROM STRICTLY COME DANCING

DAVID WEBB ENGLISH NATIONAL OPERA SINGER

AARON LEE LAMBERT HAMILTON CAST MEMBER

ENTRY FEE: DONATE £5, £10 OR £20 FOR EACH ENTRY VIA [WWW.JUSTGIVING.COM/CAMPAIGN/UNLOCKYOURLTALENT](http://WWW.JUSTGIVING.COM/CAMPAIGN/UNLOCKYOURLTALENT)

TO RAISE MONEY FOR MENTAL HEALTH COUNSELLING CHARITY VINE COUNSELLING SERVICES WHO ARE "SUPPORTING THE COMMUNITY'S MENTAL HEALTH NEEDS DURING COVID 19 AND IN THE FUTURE"

EVENT CREATOR: AWARD WINNING SINGER/SONGWRITER RACHEL MASON IN COLLABORATION WITH VINE COUNSELLING SERVICES

**VINE COUNSELLING SERVICES**

Link to enter : [www.vinecounselling.org/unlock-your-talent/](http://www.vinecounselling.org/unlock-your-talent/)

## Daily Self-care Planner

DAY

Hydrate	○ ○ ○ ○ ○ ○ ○ ○
Sleep	zzzzzzzzzz
Mood	● ●
Today's self-care:	
A moment of bravery:	
Grateful for:	

# Support lines

## Next Link – contact details and opening times during lockdown period

Find out more information on their website <https://nextlinkhousing.co.uk/>



**NEXT LINK.**  
changing the face of  
domestic abuse support services

### COVID-19 – WE ARE STILL OPEN

Because of Coronavirus our office hours are changing to 10am to 4pm.

The out of hours service will be available outside of these hours.

All our services are up and running

and our Live Chat is now open from 10am to 4pm.

If you are concerned about your safety and need help and support, please  
contact us and we can help



Next Link domestic abuse telephone help lines are open 10am – 4pm Monday to Friday  
0117 925 0680

## NACOA – For young people affected by parental drinking contact details and opening times

Find out more information on their website <https://www.nacoa.org.uk/>



**Nacoa**

Free confidential helpline for everyone  
affected by their parent's drinking

**Monday – Saturday**

☎ 2pm – 7pm

✉ 12pm – 9pm

0800 358 3456

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



## Crime Stoppers – an Anonymous way to report information about a crime

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



Did you know that 10 arrests are made across the UK daily because of reports to Crimestoppers !

Know something about a crime or a criminal but don't want to go directly to the police ? We know that it can sometimes 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 come forward. It's easy to think there is nothing you can do, but we offer you a safe way to do this.

Crimestoppers is a charity and our service is unique and designed to protect your identity, whether you call us on **0800 555 111** or submit through <https://crimestoppers-uk.org/give-information/give-information-online/>

**We will listen** to you about any crime that you have information about.

- **We don't record** any personal details about you.
- We pass information to the relevant authority **without revealing your identity**.
- All of our call agents are trained to **support you through the process**.

**In the 32 years that we have been running, no one has ever been identified after giving information.** It is vital that we guarantee your anonymity because if your identity became known, our reputation would be seriously damaged.

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

Please follow us locally [www.facebook.com/CrimestoppersintheWestCountry](https://www.facebook.com/CrimestoppersintheWestCountry) or [www.twitter.com/WestCountry\\_CS](https://www.twitter.com/WestCountry_CS)