

12 February 2021

Dear parents and carers,

I hope you are all well at this difficult time and we really cannot wait to have all of our children back with us when it is safe to do so. We are hoping to update you on this when we return after the half term. I write to point you in the direction of some useful resources and agencies which may be of interest/support to you.

There are some really interesting city wide initiatives and resources to support families with ups and downs and help families become more resilient. For example online parenting classes offered by Bristol City Council simply click this link to find out more and sign up: [Parenting Courses Running in Bristol](#)

There is increasing evidence that relationships are becoming under more and more strain due to the pandemic and Relate have produced a useful resource '[Getting on better cards](#)' which could be a simple way to ease tension at home.

Relationships and parenting can be a real challenge especially in the particular circumstances we find ourselves in now, so for some really honest supportive conversation why not sign up for the parents and carers speak event below by emailing parents@fullcircleproject.org.uk or michelle.mcmorrow@bristol.gov.uk or calling Michelle on 07710 396744:



JOIN US FOR

**PARENTS & CARERS
SPEAK**

**WED 4TH MARCH
ONLINE: 3 - 5PM**

Guest speakers

Safe and supportive place to connect

ZOOM LINK SENT VIA EMAIL / TEXT

Parent led topics

Advice & support

Share Parenting Journeys

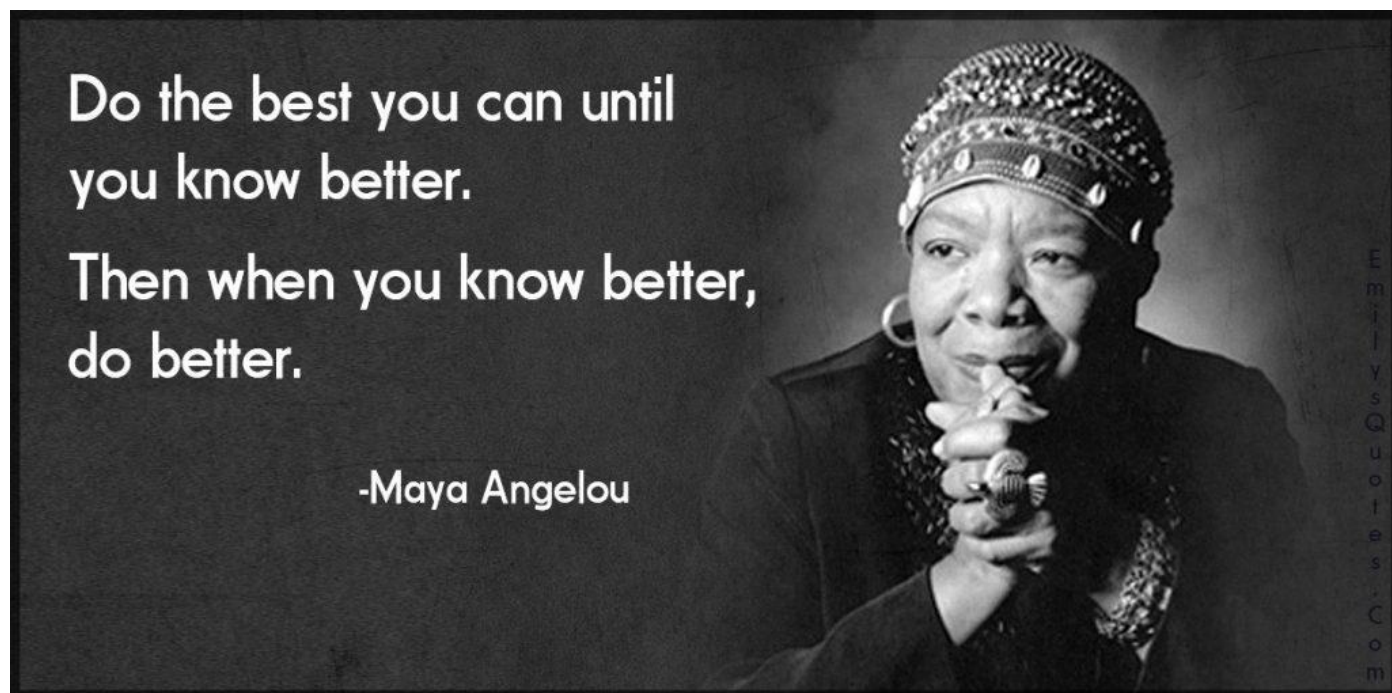
Book online or to arrange 1-1 phone call with Judith
Email parents@fullcircleproject.org.uk or call Michelle 07710596744/
michelle.mcmorrow@bristol.gov.uk working in partnership: Safer option team

Finally, I attach a detailed list of agencies you may wish to turn to for help and wish you to know we have many families who seek help and support. They often say it is a relief once we or other professionals know what is happening as we can really start to support you as a family and your child.

I will also leave you with one of my favourite quotes which often makes me seek out resources and ways to do things differently.

Kindest Regards

Sasha Paterson



Name of service	What does the service offer?	Contact details
Bristol First response	If you have a concern about a child or young person living in South Bristol	Telephone 0117 903 6444
Mental Health 24/7 telephone response line	If you or your loved one feels unsafe, at risk or unable to cope without professional advice, the dedicated staff, will respond to your enquiries and arrange for trained mental health advisors and clinicians to help enable you to manage your difficulties.	Telephone 0300 3031320 App – Head space
Local Foodbank	If you need help with food, there are a number of local food banks that you can go to for support. Square Food Foundation will continue to provide food to families during the summer holidays.	Counter Slip Foodbank—Wells Road 01275833377/07873169304 Victoria Park Baptist Foodbank - 079607752091 vpbc.foodbank@gmail.com
Nextlink	Nextlink provide support for women who have experienced domestic abuse and also offer mental health support services and independent support for victims of rape and sexual abuse. Sarah Johnson is an Independent Domestic Violence Advisor who can also help and can arrange to meet somewhere confidentially to help.	Next Link domestic abuse telephone help lines are open 10am – 4pm Monday to Friday. 0117 925 0680 National Domestic Violence Helpline – Freephone 0808 2000 247 Local support: Telephone – 07834126878 sarah.johnson@bristol.gov.uk App -Brightsky
School Health Nursing Team Service	If you need support for your child/young person around anxiety, healthy eating, anger/family concerns, continence, sleep, physical health, friendships/bullying or drugs, Alcohol & Smoking then contact the school nurses	Telephone 0300124 5816 Monday – Friday 9am - 4pm

<p>National Online safety</p>	<p>Parents can access to support with parenting, mental health, well-being and other useful tips during self-isolation and government guidance</p>	<p>Website: https://nationalonlinesafety.com.guides</p> <p>General enquires hello@nationalonlinesafety.com</p> <p>Telephone 08003688061</p>
<p>NSPCC ChildLine</p>	<p>A service available to all children to use for support on managing anxiety, domestic abuse, helping abuse, depression, boosting your mood and eating habits.</p>	<p>Telephone 0800 1111</p>
<p>Welfare rights and money advice service</p>	<p>Support for parents on debt, benefits advice and appeals</p>	<p>Confidential helpline Benefits & general 01179851122 Debt 01179038358 Universal Credits 08003285644 Email : admin@southbristoladvice.org.uk www.southbristoladvice.org.uk</p>
<p>Bristol Law centre</p>	<p>Helping people access justice. Offer initial advice on most family law issues, including divorce & separation, domestic abuse, issues relating to children such as parental responsibility and arrangements, and some financial issues after separation.</p>	<p>Telephone 0117 924 8662</p> <p>Email mail@bristollawcentre.org.uk</p> <p>Website www.bristollawcentre.org.uk</p>
<p>CHAS Bristol</p>	<p>For anyone facing housing problems or homelessness.</p>	<p>Telephone 0117 935 1260</p> <p>Email advice@chasbristol.co.uk</p>
<p>Star Line</p>	<p>If you are struggling with your child's behaviour.</p>	<p>Telephone 0330 3139162</p>
<p>Shelter</p>	<p>Shelter can help people with bad housing or homelessness.</p>	<p>Telephone 0344 5151430 Urgent help out of hours 0808 800 4444</p> <p>Email England@shelter.org.uk</p>

Missing link – Women’s Mental health services	For those in need of mental health support, missing link has a women’s Mental health floating support service in Bristol.	Telephone 0117 925 1811 Email Enquiries@missinglinkhousing.co.uk
Bristol Mind	Could you benefit from understanding how to manage stress and anxiety during COVID -19? Or are you worried about something else? Bristol Mind’s emotional support helpline is open 7 nights a week, 7pm -11pm	Telephone 0808 808 0330 Website https://bristolmind.org.uk
Bristol Sanctuary	The sanctuary is a safe space for you, for when you can’t cope any more or are feeling desperate and alone.	Telephone 0117 9542952 / 07709 295 661 7 days a week 4pm til 10pm Email Awp.bmhsanctuary@nhs.net
See, Hear, Respond	If you are worried about a child or young person experiencing harm and increased adversity or are looking for advice and help.	Telephone 0800 157 7015 Monday – Friday 9am -9pm Saturday & Sunday 10 am -6pm Website www.barnardos.org.uk/see-hear-repspond
NSPCC	Children’s charity	0808 800 5000
Cruse Bereavement	The coronavirus outbreak is affecting the way we are able to grieve. You may be dealing with sudden loss or trauma, and may be cut off from your usual support network.	0800 808 1677 (Mon – Fri 9 -5)
RESPECT Men’s advice line	RESPECT run a number of services to support male victims and young people who use violence and abuse in their close relationships, for services across the domestic abuse sector and more broadly.	0808 801 0327 (Mon – Fri 9- 5)
Samaritans	If you need someone to talk to, we listen. We won’t judge or tell you what to do.	Telephone 116 123 Email jo@samaritans.org

