

Resources, Support and Advice for Our Parents, Carers, Families and Students

Bristol Council Website

- List of resourceful websites to support parents and carers of young people in and around Bristol.
- <https://www.bristol.gov.uk/bristol-local-offer/parents-and-carers/advice-and-support/advice-and-support-for-parents-and-carers>

FLORA

- The FLORA team provide information and advice for children and young people with additional needs and their parents and carers.
- flora@bristol.gov.uk
- You can also call FLORA on 0117 352 6020

SEND And You (SAY)

- Provides independent advice and support on things that relate to a child or young person's special educational needs or disabilities. It's free, confidential and impartial, and is for: Parents and carers of children with special educational needs or disabilities and children and young people with special educational needs or disabilities.
- You can call SAY on 0117 9897725

Off The Record

- Mental health support. Find a downloadable parents' pack, local parent carer support group and helpline.
- <https://www.otrbristol.org.uk/whats-going-on-for-you/parents-and-professionals/>
- You can always call for free on 0808 808 9120

SENDIASS

- <https://www.kids.org.uk/sendiasm>
- The Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). This service is also offered directly to young people.

FiF

- If you need advice about what help can be offered to a child or their family, you can call Families in Focus:
 - o North: 0117 352 1499
 - o East / Central: 0117 357 6460
 - o South: 0117 903 7770

Next Link - Practical and emotional support for victims of domestic abuse.

- Telephone:
 - o Bristol: 0117 925 0680
 - o South Gloucestershire:
 - o Tel: 08004700280
 - o Text: 07714290011
 - o Email: enquiries@nextlinkhousing.co.uk
 - o Website: www.nextlinkhousing.co.uk

Triple P

- Gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems developing. This has been specifically designed for children with SEMH.
- <https://www.triplep-parenting.uk.net/uk/triple-p/>

The Incredible Years

- A series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research, which aims to prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence.
- <https://incredibleyears.com/>

MindEd for Families

- Advice and information from trusted experts to help improve understanding of mental health problems, and how parents and carers can best support their families.
- <https://mindedforfamilies.org.uk/>

ICT support website, created by NS240° IT lead Mr Marsh

- Guidance for families and students around internet safety and computer usage
- <https://mrmarshict.wordpress.com/>

Anti-bullying Support – websites and helplines to support families around bullying.

- <https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>
- <https://www.nationalbullyinghelpline.co.uk/contact.html>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/>
- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- <https://www.familylives.org.uk/advice/bullying/advice-for-parents>

Financial Support

<https://www.turn2us.org.uk/>

- Turn2us is a national charity providing practical help to people who are struggling financially. They have a helpline, a benefits calculator and a search engine for available grants and financial support.

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

- If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

<https://www.moneysavingexpert.com/> T

- This website is full of financial advice from expert Martin Lewis

<https://www.gov.uk/government/publications/government-support-for-the-cost-of-livingfactsheet/government-support-for-the-cost-of-living-factsheet>

- The government website outlines the support packages that are available from them.

<https://www.bristol.gov.uk/residents/benefits-and-financial-help/cost-of-living-support>

- Bristol Council have a good page on their website that has lots of support links.

<https://britishgasenergytrust.org.uk/grants-available/>

- British Gas are offering financial support to help pay energy bills. You don't have to be a British Gas customer!

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

- A personalised guide to saving money.

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

- Access a variety of resources in support of making sure no one goes hungry in Bristol.

<https://www.cassbristol.org/the-cost-of-living-crisis/>

- Support for the cost-of-Living Crisis in Bristol.

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

How to save money on your energy bills.

<https://cookingonabootstrap.com/>

Tips on how to cook great meals on a small budget.

Facebook groups

- Mamas Bristol CIC: Community Aid
 - o Provides information about help with Food, Abuse & Where to go for Aid.
- Mamas Bristol CIC: Swaps and Freebies - They aim to:
 - o Enhance the lives of those in our communities and their families by helping and creating opportunities to reduce the costs of caring for dependants.
 - o Reduce waste and encourage the reuse of items, enabling families to live in a more sustainable and environmentally responsible way.
 - o Provide opportunities to bring people together creating an inclusive community spirit, reducing social isolation.
- We Are BS15 CIC –
 - o Our Vision: An inclusive, friendly and resilient neighbourhood full of community spirit
 - o Our Mission: Connect the people of BS15, Share resources, skills and knowledge, Grow the sense of community, resilience and compassion Family

- Food 4 Free
 - o A community group committed to offer everyone a no cost pop up shop with freshly cooked meals, food items & surplus stock from our local super markets such as M&S, Waitrose & Tesco who regularly donate.
 - o Anyone can use them - they are a non-judgemental group, no questions asked, just care.
 - o Location - 33 Woodmans road, bs37 6dw, based in Chipping Sodbury & reach surrounding areas.
- Bristol Uniform Exchange
 - o This group has been created to try and help Bristol families with the costs of school uniform. Kitting our children out for school can be very costly, and now more than ever, we need to help and support each other!
 - o The idea of the exchange is to access or swap good quality, pre-loved (and freshly washed!) school uniform, from school jumpers and cardies, polo shirts and PE kits to school shoes, bags and lunchboxes.
- FoodCycle Bristol
 - o <https://foodcycle.org.uk/?fbclid=IwARldafxvDg2YZNH5nTyLxvoZV14okjRcXH4vbToVGNrPiw5uPkARH8khmSY>
 - o FoodCycle Bristol have a Facebook page and you can also head over to their website.
 - o Their vision is to make food poverty, loneliness and food waste a thing of the past for every community. With community dining, week in, week out they feed the hungry and give company to the lonely in our communities; providing delicious meals and great conversation, and using food which would otherwise go to waste.
- Hand-Me-Downs - Free clothes bank