

Digitech Newsletter - Term Two



1 - A MESSAGE FROM SIMON - HEAD OF SCHOOL.

As we reach the end of another busy term, I want to thank all our families for their continued support. We are proud of the effort and achievements of our students across the school. Year 10 have settled in well, creating classrooms that feel both productive and exciting, while Year 11 have approached their mock exams with maturity and are beginning to plan their next steps into Post-16. Our Year 12 and 13 students continue to impress with some truly outstanding work. Looking ahead, Year 10 and 11 will sit their mocks in Term 3, so thank you in advance for helping them balance relaxation and revision over the coming weeks. You can find more detail in the subject overviews below.

Beyond the classroom, it has been an exceptionally busy term! We celebrated the hard work of our support staff with a thoughtful role reversal—students writing postcards of thanks. Our Student Council has been active too, organising a Christmas Jumper Day to support Save the Children and our local foodbank, complementing the staff ‘reverse advent calendar’ initiative. The music department continues to thrive, with a fantastic series of live events, including some of our students performing at Ashton Gate Stadium during a Bristol Bears victory!

With such a full and rewarding term behind us, I wish our whole community a restful break, a joyful festive season, and a happy New Year. We look forward to welcoming everyone back in January.



2 - TERM DATES 2025 - 2026

Term 3	
First day of term for students	Tuesday 6 th January 2026
Last day of term for students	Friday 13 th February 2026
INSET Dates	Monday 5 th January 2026
Term 4	
First day of term for students	Tuesday 24 th Feb 2026
Last day of term for students	Thursday 2 nd April 2026
INSET Dates	Monday 23 rd February 2026 Friday 13 th March 2026
Bank Holidays	Friday 3 rd April 2026
Term 5	
First day of term for students	Monday 20 th April 2026
Last day of term for students	Friday 22 nd May 2026
Bank Holiday	Monday 4 th May 2026
Term 6	
First day of term for students	Monday 1 st June 2026
Last day of term for students	Tuesday 21 st July 2026
INSET Dates	Friday 3 rd July 2026



3 - YOUNG CARERS SUPPORT

WHERE DO I GO FOR ADVICE
AND SUPPORT IN SCHOOL?

OPERATIONAL LEAD: TRACEY
TRACEY.ROBERTS@CLF.UK

STRATEGIC LEAD : MIKE
MIKE.EDWARDS@CLF.UK



COME ALONG TO
DIGITECH YOUNG CARERS
SUPPORT GROUP.

STUDENT SUPPORT AVAILABLE- EVERY MONDAY BREAKTIME IN THE HUB INTERVENTION ROOM.

We know that for some students, there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

We think in every class there could be as many as two students who are helping to support someone because of one of these factors – we call these students Young Carers.

Students can be young carers for lots of different reasons:

-
- They might be providing support to a parent/carer with a physical illness such as fibromyalgia or ME, they could be cooking, fetching shopping/collecting medication, helping with siblings.
 - They might be helping a parent/carer with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings.
 - Or it could be more emotional support – like supporting their sibling with additional needs, taking responsibility for young siblings whilst parents/carers attend health appointments, or checking that a parent/carer with depression/anxiety is ok. Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home, for example by worrying about the person with the health condition or needing to do more things for themselves compared to other students. We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential. **If you think that any of the above applies to your child, and that they might possibly be a young carer then please contact: Mike Edwards – Young Carers SLT Champion, Mike.Edwards@clf.uk Tracey Roberts – Young Carers Operational Lead, Tracey.Roberts@clf.uk**
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4 - SCHOOL NURSE INFORMATION

Come and see your School Nurse
Get confidential advice and support about:



When: Wednesday Lunchtimes

Where: Room- First Aid

You can also call us on: 0300 125 5151

You can also text our anonymous ChatHealth service using 07312 263 093: Mon-Fri, 9am-5pm

For more info visit: sirona.nic.org.uk/children-services/services/chathealth/

Your school nurse is:

Jane



Your confidentiality

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would always try to speak to you first.



School Nursing Service

School Nurses work with children, young people, parents and carers to maximise health and well-being.

Use the QR code to view our web page and find out more, or call one of our locality teams using the numbers below:



Bristol East/Central:
0300 125 6980

North Somerset:
0300 125 6798

Bristol South: 0300 125 6277

South Gloucestershire:
0300 125 5151

Bristol North: 0300 124 5816

Secondary school aged children can also use our **confidential text messaging service ChatHealth**. Use the QR code to find out more.



Sirona
care & health

5 - INFORMATION FROM PHIL OUR SAFEGUARDING LEAD

Financially Motivated Sexual Extortion

Advice on talking to your child about Financially Motivated Sexual Extortion and ways you can support them and access help if they need it.

<https://www.ceopeducation.co.uk/parents/articles/FMSE>



ONLINE SAFETY SUPPORT FOR NEURODIVERGENT CHILDREN

Online scams like trust trades and fake giveaways can cause harm and upset to all children, but neurodivergent children are at greater risk of falling victim to scams.

There's a guide for parents, a video for children and young people, plus stories for families to read and discuss together to explore the risks, with practical actions for children to take to help stay protected.

Find all the resources [here](#).




6 - SPARX SCIENCE HOMEWORK UPDATE

Please see below from Sparx Science regarding a recent update to science homework. Sparx Science is set every Friday at 9am and due every Thursday at 6pm. Catch up/support is available in CR2 each Wednesday 3.30-4.15pm.

From 3rd November all homework set will contain flashcard practice.

This replaces other questions so your homework won't be any longer.



Sporx Science



Flashcard practice is specifically designed to help you practice the key scientific knowledge you need.

Sporx Science

Top tips for completion.

- 1 Keep answers short, they only need a **few** words, and do not need full sentences.
- 2 If you get a card wrong, read the **back of the card carefully**, as you will be asked this question again in a different way.
- 3 Regular repeated practice will **strengthen your knowledge**, practice your Flashcards between homeworks in independent learning.

Sporx Science



7 - DUKE OF EDINBURGH

We would like to encourage our year 10 students to sign up for DofE. This is a non competitive youth achievement program which challenges participants to develop skills and confidence, and the award is internationally recognised.

Students should talk to Daniel in the Enterprise team, and if an adult would like to know more or sign up a student, please email-daniel.malpass@clf.uk.

We are offering students both the Bronze and Silver Award this year; these will involve lunchtime team meetings and a few after school sessions to focus on map reading and outdoor

cooking skills. We will conduct an overnight practise expedition in the summer, preceding the official expeditions before the end of year 10.

We are very fortunate that staff at our school are very keen to volunteer their time to run this award, with the total cost to parents at around £80. This supports registration, travel and camping costs.



8 - SUPPORT STAFF APPRECIATION DAY - FRIDAY 28TH NOVEMBER

On Friday the 28th of November, students were invited to express their gratitude by writing and delivering an appreciation post card to member of support staff. Throughout the day staff were surprised with lovely messages as a thank you for their hard work and dedication within the school community.



9 - MEET OUR LOVELY PASTORAL TEAM



Steph, Kelly and Alice play a vital role in supporting our students' wellbeing and emotional needs.

They also help maintain the connection between home and school.

If you have any concerns please feel free to reach out to them.

Alice.Smith@clf.uk

Stephanie.Balmond@clf.uk

Kelly.Dodge@clf.uk



10 - ESPORTS NEWS

On the 5th of November we competed in the British Student Championships!

This was an exciting time for our students and our first venture into the realms of competitive esports!

Our Esports Rocket League team Ashton, Harry, Miles and Naite won our match against 'Boost Bandits' (Godalming College) 4-0

Karl Gill - Curriculum Lead of Enterprise & DEIB Lead





11 - GRAPHICS HIGHLIGHTS

Year 10 Graphics

Year 10 are currently working on their Poster Project. They're learning key graphic design skills through workshops in Photoshop, Illustrator, typography and handmade techniques, and they're beginning to develop ideas for their final poster.

Year 11 Graphics

Year 11 are working on their GCSE Coursework Campaign Project. They are developing a full brand campaign, including logo design, market research, brand style guides and initial sketches for merchandise and posters.

Year 10 Art

Year 10 are finishing a project on the formal elements of art, broadening their knowledge and developing skills using different materials including pencil, pen, chalk, charcoal, watercolour and clay.

Year 11 Art

Year 11 are completing their GCSE Coursework Project. Having just completed their mock exam they are finishing final outcomes and refining any sketchbook work.

Year 10 Photography

Year 10 are working through basic camera skills and knowledge, building a strong understanding of how photography is used to communicate. This includes, camera settings, techniques, editing and photographic elements.

Year 11 Photography

Year 11 are working on their GCSE Coursework Project, finishing off edits and presentations to complete a comprehensive body of work, exploring an area of their choice.

12 - FRIDAY LIVE LUNCHES - A HUGE SUCCESS

It's been a great year for Music at Digitech with the success of our Live Lunch gigs, these are often organised by our Year 11 students as part of their Music Industry course.

We have had 12 lunchtime performances across 2025, including solo singers, guitarists, bands, DJs, karaoke and even a masked Singer competition, with the staff donning giant inflatable costumes and voice changers!

These experiences have been invaluable for students, not only the Digitech students coming along for some enriching lunchtime entertainment, but also the students performing, who have developed their confidence and live performance skills.

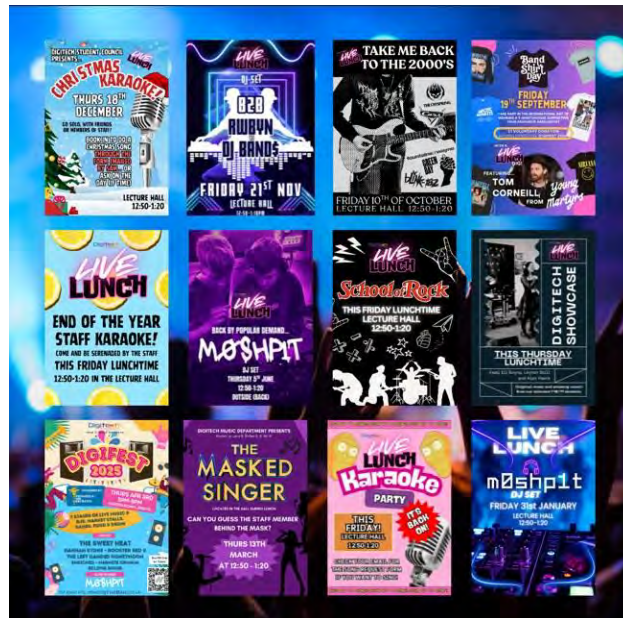
Two of our Live Lunch performers, Leyton and Kian both performed at Ashton Gate as part of the CLF Bristol Bears takeover this December.

We are so proud of all the students who have been involved in setting up or performing in Live Lunches, we are also grateful to the rest of our students for coming along and supporting these events.

We have lots more planned for 2026, we will be going even bigger, so watch this space! Oh, and did we mention we'll be seeing the return of our school Music Festival 'Digifest' in the Spring?

Exciting musical times ahead!

Sam Eason – Teacher of RSL Creative Music Industry







13 - DIGITECH CLUBS - AVAILABLE TO STUDENTS

A poster for the Digitech Film Club. The background is a dark red color. At the top, there are several icons: a pair of white 3D glasses, a film reel, two yellow cinema tickets with 'CINEMA' written on them, a blue director's chair with a white star on the backrest, a golden Oscar statuette, a blue movie camera, and two black film reels. Below these icons is a white clapperboard with black and white diagonal stripes. At the bottom of the poster, the text reads: 'Digitech Film Club' in a large, bold, yellow font. Below that, in a smaller white font, it says 'YOU CHOOSE THE FILMS! TELL LAURA WHAT YOU WANT TO WATCH...'. At the very bottom, it says 'TUESDAY | 10:40 - 11:10' and 'BREAKTIME | EN2'.



TIME	MON	TUE	WED	THUR	FRI
Break	Podcast Club (CR3)	Film Club (EN2)	Global Majority (CR1)	Young Carers (HUB)	LGBTQIA+ (CR4)
	Mental Health (MA2)	Careers and Work Experience (Canteen)			
	Young Carers (HUB)				
Lunch	Creative Arts catch up (AD1, AD2, AD3)		Craft Club (EN2)	Darts Club (CR2)	FIFA Friday FC26 (CR4)
			D of E (CR2)		Darts Club (CR2)
			Music Club (CR3)		
After School	Music Club School Band (CR3)	Creative Arts (AD1, AD2, AD3)	SPARX Catch Up (CR1, CR2)		
		English Catch Up (EN1)			




Gaming Club
every break + lunch

CRAFT CLUB

Try out a new craft

- Pompom making
- Candle colouring
- Cross stitch
- Crochet
- Knitting
- Air dry clay
- DIY cards and gifts
- bring a project of your own
- Or come along and sit in a quiet space



Want to try something different?
Speak to Laura

Wednesday Lunchtime
EN2



Are you a student with autism who wants to help shape how our school supports you and others like you?

Join our **weekly Student Voice Group** — a safe, welcoming space where you can:

- Share your thoughts and experiences
- Help make decisions that improve support for autistic students
- Connect with others in a small, friendly group
- Be heard and make a difference!



When: Fridays, Period 2
Where: The Hub
Led by: Alice (Pastoral Support Officer)

If you are interested, please let me know either via Email;
Alice.Smith@clf.uk or speak to me in school time



14 - INFORMATION AND REMINDERS

- ***Parents / Carers, if you need to update your contact details such as address or telephone number, you can do this via the My Child at School (MCAS) App. Please feel free to contact the school should you need support with this.***

- ***A reminder that Digitech is a nut free school: we appreciate your cooperation.***

- ***A polite reminder that we do not allow students to use their mobile phones in school between the hours of 9am - 3.30pm. If you need to contact a student within these times, please call reception and we will ensure anything urgent is passed on.***

- *Students will no longer be able to access water bottles in school unless for a medical reason. Please encourage students to bring a water bottle to school, and these can be filled from water stations. We also have drinks available to buy from the canteen at breaktime and lunchtime.*
-



15 - A CHRISTMAS POEM BY ANNIE

THE TWELVE DAYS OF ATTENDANCE

ON THE FIRST DAY OF DIGITECH MY PARENTS SAID TO ME
SCHOOL FROM 9 TIL 3.30

ON THE SECOND DAY OF DIGITECH MY MATHS TEACHER SAID TO ME
TWO MATHS EQUATIONS

ON THE THIRD DAY OF DIGTECH MY ENGLISH TEACHER SAID TO ME
THREE ENGLISH QUOTATIONS

ON THE FOURTH DAY OF DIGITECH RECEPTION SAID TO
FOUR URGENT PHONECALLS

ON THE FIFTH DAY OF DIGITECH PASTORAL SAID TO ME
FIVE LAPS AROUND

ON THE SIXTH DAY OF DIGITECH MY TA SAID TO ME
SIX GAMES OF UNO

ON THE SEVENTH DAY OF DIGITECH THE CARETAKER SAID TO ME
SEVEN BINS FOR RUBBISH

ON THE EIGHTH DAY OF DIGITECH THE PRINCIPAL SAID TO ME
EIGHT BOTTLES OF WATER

ON THE NINETH DAY OF DIGITECH MY OPTION TEACHER SAID TO ME
NINE DIFFERENT LOGINS

ON THE TENTH DAY OF DIGITECH MY PASTORAL LEAD SAID TO ME
TEN PROBLEMS SORTED

ON THE ELEVENTH DAY OF DIGITECH CANTEEN STAFF SAID TO ME
ELEVEN DELICIOUS DINNERS

ON THE TWELFTH DAY OF SCHOOL THE ATTENDANCE TEAM SAID ME
TWELVE PRESENT MARKS



We have had a fun packed couple of weeks leading up to the Christmas break.

Our Student Council organised a range of themed days which included odd sock day, wear something pink and wear a Christmas accessory.

We donned our most dashing Christmas jumpers to raise money for Save the Children UK.

The Catering team prepared a fantastic Christmas lunch which was enjoyed by staff and students alike.





17 - FREE TRAINING - CYGNET AUTISM SUPPORT PROGRAMME

There will be two online parent support courses available to book, Wednesday 14th January 2026 this will be an online course, and Friday 16 January 2026 this will be an in -person course held in Bradley Stoke, both ran by the Cygnet programme

These courses are specifically for parents and carers of autistic children and young people, they will run each week for 7 weeks and there is no charge.

The Bradley Stoke course will begin at 10am in the Baileys Court Activity Centre.

The online course will take place in the evening at 7pm on Zoom.

Parents of autistic children face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.

This also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal, but supportive, atmosphere.

There are some criteria to attend;

The child must be aged 5-18;

They must have a formal diagnosis of Autism from a professional;

They must live in South Gloucestershire and not attended a Cygnet course previously.

There isn't a waiting list. Parents and carers can book directly using EQU <https://eequ.org/cygnetautismsupportforparents>

For more information please visit our web page: <https://www.turtlecyp.co.uk/welcome-to-turtle-cyp/cygnnet/>



- ✓ Free for parents or carers in South Gloucestershire
- ✓ whose children are aged 5-18
- ✓ and have a formal autism diagnosis from a professional

- Develop your understanding of autism.
 - Look at practical solutions to support your child
 - Meet other parents in a similar position.
 - In a supportive atmosphere.
- 7 week course at either:
 - Baileys Court Activity Centre starts 16 Jan 10am OR
 - Online course starts 14 January 7pm.
- Book now on EEQU - <https://eequ.org/cygnnetautismsupportforparents>

For more information visit
www.turtlecyp.co.uk/welcome-to-turtle-cyp/cygnnet



Funded by
South
Gloucestershire
Council



Turtle CYP is a registered charity, number 1104540

We have been asked by the NHS to share feedback about school vaccination services, and they would like to hear about your experiences of when your child / children have had their vaccinations.

Here is a link to the survey for parents / carers:

<https://forms.office.com/pages/responsepage.aspx?id=sITDN7CF9Ueylge0jXdO43-c-XKWX2Fct4KyQvARe41UMVBFNUIMR0VLOVcwM1Q5ODdDRlhVWlpQWS4u&route=shorturl>

Your responses are completely anonymous, and they will help us to make vaccination sessions work better for families and schools.

Please complete the survey by 16th January 2026.

If you need the survey in a different language or easy-read format, please contact us via england.swvast@nhs.net.

Your feedback is very important to us and will help us improve vaccination services for school communities.

Thank you for your help.

SPECIAL EDUCATIONAL NEEDS SURVEY




Working together for SEND families

Survey closes at midnight on Sunday 18 January 2026

If your child has special educational needs or disabilities, you know better than anyone how important accessible, timely and compassionate healthcare is...



Complete the survey

SCAN HERE



We want to know how local healthcare providers are doing - what's working well and what could be improved?

The three local parent carer forums - Bristol Parent Carers, North Somerset Parent Carers Working Together, and South Glos Parent Carers (SGPC) - come together as BNSSG to make sure the collective voice of parent carers is heard and understood.



Your experience matters. Help shape change.

19 - SOUTH GLOS SCHOOL HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food (HAF) programme is running again during the winter holidays for children and young people in South Glos.

Dates are generally between Monday 22 December 2025 and Friday 2 January 2026 but will vary by provider. Each child can receive up to 4 days support over the winter holidays.

The HAF programme is for children and young people aged 5 to 16 who receive benefits-related free school meals. Before booking funded HAF places, you need to have successfully applied for free school meals at www.southglos.gov.uk/freeschoolmeals

Children receiving universal free school meals, automatically offered in Reception, Year 1, and Year 2 without needing to apply, do not qualify for funded HAF places unless they have completed a successful application.

Please follow these steps:

Visit www.southglos.gov.uk/HAF for full information on the HAF programme and further support available to families.

Click on 'book a space for your child now' – this will take you directly to our booking platform with full listings of all the available activities and clubs.

You will need to register your child on this system unless they have previously attended a HAF programme– in which case you will already have an account, so you will simply need to book the dates.

The system will run an eligibility check to ensure that your child is registered on our benefits-related free school meals list. The list is kept up to date on a weekly basis, so it's best to build in time to apply for benefits-related free school meals ahead of booking HAF places.

The booking system is mobile friendly so should be accessible to most families.

If you do not have online access, you will need to contact the HAF club provider directly to book places for you.



20 - PUBLIC SAFETY WARNING - BRITISH BURNS ASSOCIATION / NHS: STEAM INHALATION CAUSES BURNS

NHS and British Burn Association Issue Public Safety Warning: Steam Inhalation Causes Burns

The NHS, in collaboration with the British Burn Association, is urging the public to avoid using steam inhalation as a remedy for coughs and colds, following a rise in burn injuries linked to the practice.

Each winter, NHS hospitals treat patients — especially young children — who have sustained serious scalds and burns from accidental hot water spills during steam inhalation. The burns often affect the face, chest, tummy, and legs, sometimes requiring long-term treatment or surgery.

The risk

Steam inhalation can lead to severe burns.

Children are particularly vulnerable.

Hot water can spill suddenly, causing serious injury.

The evidence

There is no strong scientific evidence that steam inhalation helps relieve colds or blocked noses. Any relief experienced is temporary and does not speed recovery.

Safer alternatives

The NHS recommends safer and more effective ways to manage cold symptoms:

Drink plenty of fluids.

Use decongestant sprays, vapour rubs, or salt water nasal rinses.

Rest and allow your body to recover naturally.

Nicole Lee London and South East Burns Network Manager , NHS spokesperson, said:

“Steam inhalation continues to cause preventable injuries every year. We want to remind the public that this traditional remedy can do more harm than good — particularly for children. There are safer and more effective ways to manage cold symptoms.”

The NHS is encouraging the public to avoid using bowls of hot water for inhalation and to share this message to help prevent further injuries this winter.

For more information, visit www.nhs.uk or contact your local NHS Trust.



P16

CABOT
LEARNING
FEDERATION

Care • Believe • Achieve

Ofsted
Outstanding
Provider



Your future starts here...

CLF Post 16 Information Evening

Tuesday 27th January 2026 16:30 to 18:30

Principal talk at 17:15

- ✓ Find out more about the Post 16 experience
- ✓ Explore our courses
- ✓ Meet the teachers
- ✓ Take a tour
- ✓ See what CLF Post 16 can offer you!

www.post16.clf.uk/open-event

Woodside Road, Kingswood, Bristol, BS15 8BD



**Booking
essential!**

Scan here to book
your place



Or visit our
website



Online Workshops



Understanding & Supporting Behaviour
Wednesday 14th January
7:00pm - 9:00pm



Understanding ADHD
Tuesday 20th January
7:00pm - 9:00pm



Self Harm
Tuesday 10th February
7:00pm - 9:00pm



Understanding & Supporting Communication
Monday 2nd March
10:00am - 1:00pm



Understanding Masking
Tuesday 31st March
7:00pm - 9:00pm



We are happy to say that due to funding, we are able to provide our workshops free of charge.

SCAN HERE!



Being a parent carer of a child or young person with SEND can bring extra situations which are challenging to know how to handle.

Our online workshops are here to empower you on your child's SEND journey.

- ✓ Confidence in understanding and meeting your child's needs.
- ✓ Ideas, effective strategies and signposting to other services.
- ✓ A chance to ask questions, as well as receive extra support if needed.

Your child does not need to have a diagnosis for you to access any of our support



sgpc.org.uk



Recruiting now for volunteer

CADET LEADERS

IN SOUTH GLOUCESTERSHIRE



Do you have a **sense of adventure**?

Could you **make a difference** to a young person's life?

You don't need policing experience to volunteer. Our police cadets are supported by a fantastic team of volunteer adult leaders, who have different backgrounds and a diverse range of skills and experiences.

Based in Patchway or the surrounding area, they give a few hours of their time each week, to support our cadets as they learn about policing, participate in fun activities and attend community events.

Find out more or apply

If you're motivated, creative and looking for a new opportunity, scan the QR code to find out more or search 'Volunteering opportunities' on our website: www.avonandsomerset.police.uk



GREAT DREAM

Ten Keys to Happier Living



GIVING

Do things for others



DIRECTION

Have goals to look forward to



RELATING

Connect with people



RESILIENCE

Find ways to bounce back



EXERCISING

Take care of Your body



EMOTIONS

Look for what's good



AWARENESS

Life life mindfully



ACCEPTANCE

Be comfortable with who you are



TRYING OUT

Keep learning new things



MEANING

Be part of something bigger

ACTION FOR HAPPINESS

Happier • Kinder • Together

Action for Happiness is a registered charity (1175160) actionforhappiness.org



Keynsham Lifesaving Club

Learn first aid and water-based rescue techniques in a relaxed, fun environment.

Lifesaving is the ideal way to improve your fitness and confidence, whilst learning skills that could save someone's life.

Keynsham Lifesaving Club offers a range of Royal Lifesaving Society qualifications, including the Rookie Lifeguard award and the new National Lifesaving Academy. We enter competitions across the country and run open-water training in the summer.

Ages 8-18. Your first session is free
- come along and give it a go!

Sundays 2-4pm (Term-time only)

Keynsham Leisure Centre

For further information visit our website:

www.klsc.co.uk

Or contact chairman@klsc.co.uk

Or call 07921 719 291

NSPCC

Helpline

For any concerns about a child
help@nspcc.org.uk | 0808 800 5000



Concerned about a child? Talk to us.

Whether you're worried about a child, or are looking for guidance or support, our child protection specialists can help.

 Search **NSPCC Helpline**

©NSPCC 2023. Registered charity England and Wales 220405. Scotland 505237 717 and Jersey 284. Illustration by Jemimah Colgate



ChildLine
0800 1111

**Don't keep it inside
Talk to us**

www.childline.org.uk

Worrying about money?

Support is available in Bristol



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 6

My money doesn't stretch far enough

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

See options 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options? Need support in another language? Fill out this form mentioning 'AN' - [responsivetranslation.org/need-support](#)

1 Council Support Schemes

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

2 Maximise Your Income

Anyone who is bringing in money can get a benefit check and advice to see whether for free and confidential advice. A benefit check can ensure that you are receiving all the money you are entitled to, especially if your circumstances have changed recently. Speaking to an adviser could also help with managing gas and electricity bills and make sure you're not missing out on things like school allowances or free school meals.

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Advertiser. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back in instalments. Payments of Advertiser's Allowance or Employment Support Allowance do not need to be repaid.

6 Challenge a Decision

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

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

<p>BRISTOL CITY COUNCIL Welfare Rights and Money Advice Service. Information about disability and carer's benefits, including advice and assistance on claiming and challenging decisions. www.bristol.gov.uk/benefits</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>BRISTOL CITIZENS ADVICE Generalist advice provider, including debt, welfare rights, housing and employment. 0117 278 7500 www.bristolcac.org.uk</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>ST PAULS ADVICE CENTRE General and specialist advice on debt, benefits and immigration services for communities of St Pauls and East Bristol. 0117 255 2881 enquiry@stpauls.org.uk www.stpauls.org.uk</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>Other Support Bristol City Council - Local Crisis and Prevention Fund. You might be able to access crisis support through the council. 0117 202 4200 (Mon-Fri 9am to 12noon) www.bristol.gov.uk/hot Housing Matters Local advice on housing issues, including eviction. Housing-related debt and more. 0117 226 1200 www.housingmatters.org.uk Shelter Bristol Housing advice. 0303 802 4444 enqandadv@shelter.org.uk 1025 Independent People Support for young people aged 16 to 25 facing homelessness. 0117 317 8000 www.1025.org.uk The Bristol Energy Team Centre for Sustainable Energy (CSE). Can offer advice on energy use if you're using energy warm & saving on top of fuel bills. 0117 302 2244 www.energysave.org.uk</p>
<p>SOUTH BRISTOL ADVICE SERVICES General advice and specialist help with welfare benefits, DSD, income maximisation and financial capability. 0117 380 1122 (Chalfont Benefits & General) 0117 402 6300 (East Bristol) www.southbristoladvice.co.uk</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>NORTH BRISTOL ADVICE CENTRE Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal. 0117 651 3751 (Mon-Thurs 9.30am to 4.30pm) www.northbristoladvice.co.uk</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>AGE UK BRISTOL Information and advice for people over 18 who live or work in Bristol and their carers. 0117 223 1237 www.ageuk.org.uk/bristol</p> <p>Help with options: 1 2 3 4 5 6</p>	
<p>TALKING MONEY Advice to anyone worried about money, lowering debt, benefits and DSD. 0300 121 0111 or 0117 454 3900 www.talkingmoney.org.uk</p> <p>Help with options: 1 2 3 4 5 6</p>	<p>CLEAN SLATE People low income households to become better off. Get work and get online. 0117 457 4201 www.clean-slate.co.uk</p> <p>Help with options: 1 2</p>	<p>BRISTOL LAW CENTRE Specialist legal advice & support including housing & homelessness, welfare benefits appeals, immigration & asylum, family & mental health law, employment & discrimination. 0117 524 9862 (local Frs) 0300 024 0385 (free phone) info@bristolawcentre.org.uk www.bristolawcentre.org.uk</p> <p>Help with option: 3</p>	

Cost of Living support in South Gloucestershire

Money saving tips

Food support

Community Welcome Spaces

Access to benefits

Freephone 0800 953 7778

www.southglos.gov.uk/CostofLiving

South Gloucestershire Council
Delivering for you

Finance



Financial support from South Gloucestershire Council

1 We may be able to help with emergency and long-term grants and support if you are struggling with financial pressures. Help is available whether or not you are in receipt of benefits.

📍 Visit a **One Stop Shop**

☎️ Freephone **0800 953 7778**

🌐 www.southglos.gov.uk/costofliving

Already on benefits and your income has changed?

1 If you are already receiving benefits and your income drops or increases you must notify the Department for Work and Pensions as soon as possible. They will then reassess how much you are entitled to receive.

☎️ Freephone **0800 328 5644**

🌐 www.gov.uk/report-benefits-change-circumstances

Council Tax reduction

Universal Credit

Housing benefit

Emergency payments



North Bristol Advice Centre

1 Free and independent advice and support. Debt and welfare benefits specialists, including representation at appeal.

☎️ **0117 951 5751**

🌐 www.northbristoladvice.org.uk

Accessing benefits for the first time – Universal Credit

1 Universal Credit is a working-age benefit for people on low or no income. You need to apply online to the Department of Work and Pensions (DWP).

☎️ Freephone **0800 328 5644**

☎️ South Gloucestershire Council
Freephone **0800 953 7788**

🌐 www.southglos.gov.uk/universalcredit

Talking Money

1 Free and independent advice on debt, energy debt, benefits and income maximisation.

☎️ Freephone **0800 121 4511**

🌐 www.talkingmoney.org.uk

Bristol Law Centre

1 Free legal advice in specialist areas of social welfare law, and also represents clients in court.

☎️ **0117 924 8662** between 9.30am-4.30pm to discuss the help you need

🌐 www.bristolawcentre.org.uk

Citizens Advice

1 Free and confidential advice on a range of areas including benefits, employment, debt, energy issues and housing to help you find the way forward.

☎️ Freephone **0808 278 7947**

🌐 www.southgloscab.org.uk

Employment & Training



Job centre plus

1 Support in finding employment and applying for benefits.

☎️ Freephone **0800 169 0190**

🌐 gov.uk for job centres and employment support

South Gloucestershire Council support

1 You can find out about free Community Learning courses running in your area to help upskill and learn.

☎️ **01454 864613**

🌐 www.southglos.gov.uk/schools-and-learning

Skills Connect

1 For employment and skills support, whether you're in work or unemployed. Skills Connect has different programmes and friendly advisors offering 1 to 1 coaching to support you on your employability journey.

🌐 www.skillsconnect.org.uk

Future Bright

1 Future Bright offers free, one-to-one career coaching and advice to help you create a personalised action plan, so that you can start making positive progress right away.

🌐 www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/



Getting enough food to eat



Food banks

Short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils One Stop Shop.

Freephone 0800 953 7778

www.southglos.gov.uk/oss

Or call the 'Help through Hardship' helpline delivered by The Trussell Trust and Citizens Advice.

Freephone 0808 208 2138

Healthy Start

If you're pregnant or have a child under 4, this scheme can help you buy milk, infant formula, fruit and vegetables. Speak to your health visitor, GP or Children's Centre about how to apply to the scheme.

www.healthystart.nhs.uk



Community meals

South Gloucestershire community meals, which is sometimes called 'meals on wheels', is a meal delivery and welfare check subscription for residents who have difficulty preparing food or need help to have regular, nutritious cooked meals.

01454 865996

www.southglos.gov.uk/communitymeals

Free School Meals

Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 and 2 can have free school meals.

Free School Meals (FSM)

Apply for FSMs from when your child is in reception if you receive qualifying benefits as this will support your child's learning and enable the school to claim Pupil Premium, it could also entitle you to other support.

www.southglos.gov.uk/schoolmeals

Southern Brooks

Food bank vouchers, mental health and wellbeing support, and much more.

01174 034 238

www.southernbrooks.org.uk

Emotional, physical and wellbeing support



One You South Gloucestershire

Our friendly team can provide telephone and/or email support to enable you to build your healthier future and work towards goals such as manage your weight, quit smoking, move more, improve your wellbeing or drink less.

01454 865337

oneyou.southglos.gov.uk

Age UK South Gloucestershire

A range of local services including Activity Day Centres, Advice & Information including benefits guidance, Befriending, Walking groups, Digital Inclusion and Home from Hospital.

01454 411 707

www.ageuk.org.uk/southgloucestershire

Community Welcome Spaces

There are more than 50 Community Welcome Spaces across South Glos. that offer hot drinks, activities and support. Find one near you on our directory.

www.southglos.gov.uk/community-welcome-spaces

Next Link Domestic Abuse Services

Providing local domestic abuse support services to men, women and children. This includes safe accommodation and support in the community.

0800 470 0280

www.nextlinkhousing.co.uk

Safe Link ISVA Service

Providing support to men, women and children who have been victims of sexual violence. Independent Sexual violence Advisors offer emotional and practical support, including support reporting to the police if wanted.

0333 323 1543

Local NHS 24/7 Support & Connect Helpline

Free and confidential, practical NHS therapies to help those who are feeling low, worried or stressed. You can contact Talking Therapies directly - there is no need to go to your GP.

Freephone 0333 200 1893.

Translators can support a call if English is not the callers first language. The line is also equipped for those with speech and language difficulties.

Text "YOU" to 88802

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/

Housing

Homechoice

The council offers free and impartial advice and support to people who are homeless, or threatened with homelessness. Support is also available if you are being harassed by your landlord, or threatened with unlawful eviction. The team also manage the housing register and lettings process for people who want to move into social housing.

01454 868005

homechoice.southglos.gov.uk

Privately Rented Housing Advice and Support

This site offers support for both owners and tenants of privately rented housing, including multiple occupancy housing. It gives advice around safety measures, waste & recycling and disputes.

www.southglos.gov.uk/housing/private-housing

Shelter

Shelter are a national charity who help those who are struggling with poor housing or homelessness with impartial advice, support, and legal services.

Freephone 0808 800 4444

www.england

Warm and Well

This service provides free energy efficiency advice to all householders and landlords, including grant funding to eligible residents on behalf of South Gloucestershire Council.

Freephone 0800 500 3076

www.warmandwell.co.uk

Lendology

South Gloucestershire Council work in partnership with not-for-profit lender Lendology CIC to provide eligible homeowners with low cost loans for essential home repairs. Apply for help today.

01823 461099

www.lendology.org.uk

SignLive is a free app which connects people to a qualified online British Sign Language interpreter.

signlive.co.uk

This leaflet provides information about financial, housing, food and other support available in South Gloucestershire. If you would like this information in a different format, for example: Braille, audio format, large print, or a language you don't speak, please contact Tel: 01454 868009

KOOTH - CHRISTMAS SUPPORT

With the Christmas holidays fast approaching, we know this time of year can feel overwhelming for many young people, especially those who usually access mental health support through school.

To ensure they still have somewhere safe to turn, we want to remind you that Kooth remains open every single day throughout the Christmas holidays.

Our service provides free, safe, and anonymous mental health support for young people, including: One-to-one professional support peer-to-peer community forums, self-help tools and resources, goal setting and journaling.

[Home - Kooth](#)

NHS website: Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: Live Well - NHS (www.nhs.uk)

CCP – Caring for Communities and People – Offer outreach support and parenting courses for families at an early help level. Home (ccp.org.uk)

- **Cost of living support:** Cost of living help | BETA - South Gloucestershire Council

(Southglos.gov.uk)

- **Household support fund** | BETA - South Gloucestershire Council (southglos.gov.uk)

The government has provided funding for us to support people who are struggling to: buy food
pay energy bills

cover other essential costs linked to energy and wider essentials (including sanitary

products, warm clothing, soap, blankets)

- **Financial support and wellbeing** | BETA - South Gloucestershire Council (southglos.gov.uk)

- **Off The Record:** Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Young people can call, email or text, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions.

Also see Facebook, Twitter and Instagram for more information and up to date groups and activities. Tel: 0808 808 9120. Text: 07896 880011. Website: Home - OTR (otrbristol.org.uk)

Email: hello@otrbristol.org.uk

- **Kooth:** Free, safe and anonymous online support for young people 11-18. Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm. You can talk to our friendly counsellors, read articles written by young people and get support from the Kooth community.

Website: <https://kooth.com/> Home - Kooth

- **Childline:** Free counselling via an online webchat and free support/advice available 24/7 via confidential helpline, emails via the website. Tel: 0800 11 11. Website: www.childline.org.uk

Childline | Childline

- **Young Minds:** A National charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.

- **Young Minds Helpline:** 0808 802 5544 Website: [YoungMinds](#) | Mental Health Charity For Children And Young People | YoungMinds **Crisis Messenger Service** for free 24/7 support across the UK of you are experiencing a mental health crisis. Text YM to 85258.

- **SEND and You - SAY:** Local SEN and disability information service (SENDIAS) - Information and support around Special Educational Needs and Disabilities, for children, young people and families. (previously Supportive Parents)

Tel: 0117 9897725 Mon-Fri 9.30 - 4.30 (answerphone at other times), Email:

support@sendandyou.org.uk

Website: [Home - SEND and You](#)

- **South Glos Parents and Carers:** Information and groups for parents who have children with a disability and/or additional needs. Offers a weekly drop in for parents and carers, support groups, workshops, counselling and events. They also run the Parent Carer forum in South

Gloucestershire to collect feedback and views from families with disabled children.

Website: [South Glos Parent Carers \(sgpc.org.uk\)](#) Email: team@sglospc.org.uk

- **JIGSAW Thornbury** Support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities or medical problems. Many children who come have no diagnosis. Weekly support group for parents, carers and children + training courses on a range of topics.

Telephone: 01454 416381 Website: [JIGSAW Thornbury](#) | For Children with Additional Needs and Disabilities - SEN Lending Library, Events, Meetings, Bristol Area and the South West.

South Gloucestershire Talking Therapies - Vitamins: Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+.

Self-referral via the website: wellaware.org.uk Tel - 0333 200 1893 NHS Talking Therapies -
North Somerset & South Gloucestershire (vitahealthgroup.co.uk)

Samaritans: Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.

Tel: 116 123 (free from any phone, 24/7). Website: www.samaritans.org Samaritans | Every life lost to suicide is a tragedy | Here to listen Email: jo@samaritans.org

