

# Newsletter Term 4



## 1 - A MESSAGE FROM SIMON JONES - HEAD OF SCHOOL.

As we come to the end of another brilliant term, I would like to thank families for their continued support as we work together to support our students. When we return in Term 5, our Year 11 students will be completing their creative arts examinations and preparing for their main exam period, which begins on 11 May. They have successfully completed their mock examinations this term, and staff valued the opportunity to share feedback with families during parents' evening.

Beyond the classroom, Year 10 students have engaged extremely well in Enterprise Week, embracing the opportunity to work with industry professionals on a range of forward-thinking, career-focused activities. Year 11 students have also been attending additional sessions across a variety of subjects, working hard to secure those all-important extra marks. These are just a few highlights from a busy term, with many more activities captured throughout this newsletter.

Looking ahead, alongside the exam period, we have an exciting Term 5 planned. One of the highlights will be *Digifest* — a celebration of the creative arts across the school, organised by

our Year 11 music class. This promises to be complemented by a wonderful Year 13 graduation and celebration of their achievements.

Thank you again for your continued support, and I wish you and your family a relaxing and well-deserved break.

Simon Jones

Head of School



## 2 - TERM DATES

### **Term Dates 2025-2026**

<b>Term 5</b>	
First day of term for students	Monday 20th April 2026
Last day of term for students	Friday 22nd May 2026
Bank Holiday	Monday 4th May 2026
<b>Term 6</b>	
First day of term for students	Monday 1st June 2026
Last day of term for students	Tuesday 21st July 2026
INSET Dates	Friday 3rd July 2026

### **Term Dates 2026/2027**

<b>Term 1</b>	
First day of term for students	Monday 7th September 2026
Last day of term for students	Wednesday 21st October 2026
INSET Dates	Thursday 3rd September 2026 Friday 4th September 2026 Thursday 22nd October 2026 Friday 23rd October 2026
<b>Term 2</b>	
First day of term for students	Monday 2nd November 2026
Last day of term for students	Friday 18th December 2026
INSET Dates	Monday 23 November 2026

<b>Term 3</b>	
First day of term for students	Tuesday 5th January 2027
Last day of term for students	Thursday 11th February 2027
INSET Dates	Monday 4th January 2027/Friday 12th February 2027
<b>Term 4</b>	
First day of term for students	Monday 22nd February 2027
Last day of term for students	Thursday 25th March 2027
Bank Holidays	Friday 26th March 2027
<b>Term 5</b>	
First day of term for students	Monday 12th April 2027
Last day of term for students	Friday 28th May 2027
Bank Holiday	Monday 3rd May 2027
<b>Term 6</b>	
First day of term for students	Monday 7th June 2027
Last day of term for students	Friday 23rd July 2027
INSET Dates	Friday 2nd July 2027



### 3 - YOUNG CARERS AWARD

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## 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:*

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- 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](mailto:Mike.Edwards@clf.uk) Tracey Roberts – Young Carers Operational Lead, [Tracey.Roberts@clf.uk](mailto:Tracey.Roberts@clf.uk)***
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# 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.



# Come and see your School Nurse

## Get confidential advice and support about:



Emotional wellbeing



Healthy eating



Relationships



Drugs, alcohol  
and  
smoking



Dental  
health



Sleep



Physical health



Sexual health

**When: Friday's 13-13:45pm**

**Where: First aid room.**

**You can also call us on:**

You can also text our anonymous [ChatHealth](#) service using **07312 263 093**: Mon-Fri, 9am-5pm. For more info visit: [sirona-cic.org.uk/children-services/services/chathealth/](https://sirona-cic.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.

Service provided by





## 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:**

**Bristol North:** 0300 124 5816

0300 125 5151

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



**Sirona**  
care & health



# Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.



## Online Parent/Carer Sessions An Introduction to Anxiety



To sign up, please complete a registration form here:



[MHST Online Session](#)



**What is it?** This session covers:

- What anxiety is, when it is useful, when it becomes unhelpful, and what keeps anxiety going.
- Our body's response to anxiety focusing on our thoughts, feelings, physical sensations and behaviours.
- Providing strategies for managing and overcoming anxiety

**Who is it for?** Helpful for parents and carers whose children may be struggling with mild anxiety.

**When are they?** Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

**New topics and dates will be released regularly.**

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:





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'What I wish my parents or carers knew...': A guide for parents and carers on managing children's lives.

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

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## Understanding your child: From toddler to six years

Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour, and more. A 10 week programme to help you raise confident, kind, emotionally aware and resilient people.

Group Dates : 27<sup>th</sup> February 2026 – 22<sup>nd</sup> May 2026  
( Term-time only )

Times: 9:30-11:30am

Address: Cadbury Heath Children's centre and Parkwall primary school, Earlstone Crescent, Cadbury Heath, Bristol, BS30 8AA

Phone: 01454 862974



Scan or click the QR code for more information



### This group covers:

- Childhood development and emotional processing
- How ideas and techniques for nurturing wellbeing can be helpful for common areas of difficulty such as emotional regulation, sleep, toileting and friendships
- Support to reflect on your own child's health and wellbeing, their behaviour and your relationship with them
- Helping you feel more confident about your relationships and more connected to your child

UNIQUE  
VOICE

# Creative Arts Club

**No cost!**

Young people must be eligible for Free School Meals. Find out more on our booking page.

Learn creative skills and meet new people this Spring!

## WHEN

Tuesday 7th - Friday 10th  
of April

## WHERE

John Cabot Academy,  
BS15 8BD

## FOOD

Free hot lunch,  
dessert and snacks

## TO BOOK

Scan the QR code or visit  
<https://eequ.org/uniquevoice>



## ACTIVITIES

- Performance
- Games
- Multi media arts
- Photography
- Drawing

## Questions?

Call/Text: 0117 428 6240  
or 07831 914685 Email:  
[kitty@uniquevoice.org](mailto:kitty@uniquevoice.org)



[kitty@uniquevoice.org](mailto:kitty@uniquevoice.org)

**SEND Stay & Play**

UNIQUE VOICE

We are delighted to be able to offer relaxed Stay & Play sessions in the school holidays during 2026 for children with Special Educational Needs & Disabilities (SEND) and their families. Scan the QR code for registration details and locations!

SCAN ME

**What to Expect:**

- Arts & Crafts
- Drama & Storytelling
- Food Activities
- Support / Signposting

FOR MORE INFO & TO BOOK

OR CLICK TO REGISTER

Free\* Entry

Dates in all school holidays throughout 2026!

Scan the QR code for more information

\*Supported by:

COMMUNITY FUND

South Gloucestershire Council  
Delivering for you

"My son really enjoyed attending the sessions today. He was able to take part in activities that would otherwise be difficult to attend. He was able to feel safe and express himself in an environment that was understanding of his needs."

TODAY IS GOING TO BE AWESOME



6 - PREPARATION FOR WORK EXPERIENCE

**All students need to look for a placement to take place during the week Mon 6th - Fri 10th July 2026.**

We are also offering an additional week for those students who are keen to find something within the industries we represent here at Digitech (Creative, Digital, Technology and Media) This week can take place anytime during year 10 and our hope is that with this flexible approach

students will be able to secure something that is meaningful and will add value to their career learning journey.

**The expectation is on the student to find a placement.**

Paperwork will need to be completed by both parents / carers and employers. Please report any placements to [martine.thomas@clf.uk](mailto:martine.thomas@clf.uk) or [jane.morgan@clf.uk](mailto:jane.morgan@clf.uk)

**NOTE: Students will not be allowed out without the paperwork complete.**

Work experience offers a great opportunity for students to experience the world of work and all that will mean, it is a key part of our careers programme here at Digitech and so it is our expectation that all students will take part in some way. If finding a whole week is a challenge, please consider a couple of days.

We are running a drop-in session every Monday lunchtime in the canteen for students to come with any work experience related questions or to report placements and we will continue to do this for the rest of the academic year, please encourage your child to come along. As a school we do not have a list of placements or the capacity to find those placements but can certainly help with giving ideas or showing how to contact employers.

**Should you have any questions please do not hesitate to contact**

[jane.morgan@clf.uk](mailto:jane.morgan@clf.uk) or

[martine.thomas@clf.uk](mailto:martine.thomas@clf.uk)

**Jane Morgan**

**Careers and Employability Coach**



**Visit Our Linktree!**

Scan the QR code or visit the URL to access our amazing Linktree full of useful links and resources

[linktree.com/digitechschool](https://linktree.com/digitechschool)





## HUB SUPPORT

**MONDAY**


**Maths**  
with Dawn

**Science and Photography**  
with Tracey

**TUESDAY**

**English**  
with Carol

**Music**  
with Chris




You can have help with homework, coursework or revision in The Hub!

The TAs are available after school Mon-Thu to offer their support. Feel free to drop-in!

**WEDNESDAY**

**Maths**  
with Ian



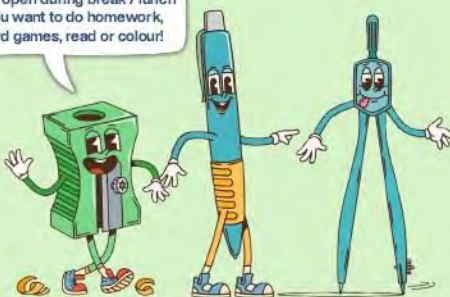
**THURSDAY**

**English**  
with Anna

**Graphics**  
with Alice

**Enterprise**  
with Tim

The Hub is open during break / lunch time if you want to do homework, play board games, read or colour!







## Welcome to Digifest 2026!

On the evening of Thursday 30th April, we are holding a festival for current Digifest students and their families that we have planned, curated and produced ourselves as part of our Year 11 Coursework. There will be two stages of music and DJs, food, stalls and games. But most importantly, all profits will be going towards the Year 11 prom, allowing us to create an unforgettable experience to celebrate our achievements and journey as students together. This

year's event is proudly sponsored by BCFM community Radio - Listen live on 93.2FM/DAB, online at [www.bcfmradio.com](http://www.bcfmradio.com) or ask your smart speaker to 'Play BCFM'

**THIS THURSDAY** we are having our Launch Day/Fundraiser for Digifest where we will be encouraging everyone to wear a band t-shirt (£1 voluntary donation), buying some amazing baked treats at breaktime and enjoying a Live Lunch gig (Rwbyn b2b DJ Band\$). Tickets for Digifest 2026 will then go live at 3:30pm. The link to book tickets will have been sent to parents via Bromcom and through student emails. Contact the office if you have not received the link.

Please note the following:- Tickets for this event are for current Digitech Students and their families ONLY.- Any tickets bought for others will be cancelled and entry will be refused.-

**EACH ATTENDEE MUST HAVE THEIR OWN TICKET BEARING THEIR NAME - ENSURE ALL NAMES ARE INCLUDED WHEN BOOKING-** Identification may be required for verification so please have this to hand on entry.- Any attendees exhibiting unacceptable behaviour will be ejected from the event.- Any attendees bringing drugs, alcohol or other prohibited items (including vapes) onsite will be ejected and may face police action.

**Tickets are free but must be claimed in advance (none will be available on the door) If you are able to give a donation for your ticket, there will be the option to donate on the day, suggested donation £3.**

Kind Regards,

Sam Eason



9 - COFFEE MORNINGS



**Thank you to everyone who participated in the below coffee mornings, we hope these were informative and useful.**

**-Parenting Discussion**

-SEND

-Mental Health and Wellbeing

-Careers

**We will be holding more coffee mornings in term 6, dates to follow.**



#### 10 - WHAT WE HAVE BEEN LEARNING IN MATHS

##### **Year 10**

Students are studying Probability, Congruence and Similar Shapes. Over the next few weeks we will be beginning Topics on Volume, before finishing the year with a big push on Quadratic Equations and over bits of algebra.

##### **Year 11**

Groups are now completing regular past papers on Thursday and Friday in preparation for the big exams. Monday to Wednesday is focused on the topics that have been identified as areas to work on from the recent mock exams. Students should also have their most recent Question Level Analysis to help with revision at home.

**Gareth Williams**

**Senior Leader**



#### 11 - ENGLISH HIGHLIGHTS

##### **Year 10**

In English this term, we've been excited to near the end of **Macbeth** with our Year 10 students and look forward to teaching another play, *An Inspector Calls*, next term. Year 11 have been working hard to reflect and improve on their mock exams, and with around 20 school days to go until **English Literature Paper 1**, we're giving all the advice and support we can about revising effectively.

##### **Year 11**

For Year 11s, we are offering four extra revision sessions on Tuesdays before the exams begin. They will take place in the Main Hall from 3:45 – 4.30. Students are encouraged to attend where possible!

English Boost Sessions 2026: Info	
Tuesday 31 <sup>st</sup> March:	Boost One – Embedding quotations in style for English Language Paper 2
Tuesday 21 <sup>st</sup> April:	Boost Two – Figurative language is everywhere: what you need to know
Tuesday 28 <sup>th</sup> April:	Boost Three – Language analysis at the word level: unpicking meaning
Tuesday 5 <sup>th</sup> May:	Boost Four – Writing effective thesis statements for a strong start in Literature exams.

**Ashley Williams**

**Head of English**



12 - PROGRESS IN SCIENCE

**Year 10**

This term, Year 10 have been exploring the practical applications of chemistry through our *Separating Mixtures* and *Acids and Alkalis* topics. Students have also begun developing their understanding of *Genetics and Inheritance*, making excellent progress in this new area of learning.

**Year 11**

Year 11 have now completed their final round of mock exams, and we are incredibly proud of the mature and focused way they approached them. Students have engaged thoughtfully with their feedback, and the coming weeks will focus on securing those crucial extra marks that can help move them to the next grade. In lessons, we will be revisiting key topics that regularly appear in the exam papers. Each student will also receive a personalised feedback sheet to help them prioritise the most important areas for their independent revision.

**Siobhan Cole**

**Senior Leader**



13 - BUSINESS

**Year 10**

Students have been busy developing their creativity and enterprise skills by designing a new product tailored to a specific customer profile. They have now begun their GCSE coursework, starting with the Artist Design unit, where they will select a music artist to research and explore how they generate income within the music industry. Students have been set a deadline of 1st April to ensure coursework have been completed.

### **Year 11**

Students have been working on their Marketing and Promotion unit, creating a full promotional campaign aimed at encouraging teenagers to engage with one of three major brands: Heinz, Pepsi or Coca-Cola. As part of this project, students designed a new logo, developed a memorable strapline, selected an appropriate celebrity endorser, and produced a coupon, poster and social media advert. They showed fantastic creativity throughout and produced impressive work they should be proud of.

### **Joshua Sterling**

#### **Teacher of Business**



14 - CREATIVE DIGITAL MEDIA IN ACTION

### **Year 10**

Students are nearing the end of their first core project, where they have designed advertisements for snack and drink brands. As part of this, students have produced a range of content including posters, social media posts, and video adverts, all designed to work together as a cohesive campaign. They have also considered how their work would be used in out-of-home advertising and how to effectively target specific audiences. This has provided a strong introduction to both the creative and marketing sides of media, with some very promising work produced.

### **Year 11**

Students have been working collaboratively to produce vox pop videos, planning, filming, and editing their own content. This has involved conducting interviews around the school and bringing together a range of footage into engaging final pieces. The project has supported students in developing both their technical abilities and their confidence when working with others, resulting in some thoughtful and well-produced outcomes.

### **Year 12**

Students have successfully completed their video production projects and have now moved on to digital publishing. They are currently creating their own e-magazines, e-books, and manga-inspired publications, exploring a wide range of topics and creative approaches. Students are continuing to develop their skills in Adobe Photoshop, InDesign, and Illustrator, with many producing original illustrations and digital assets. It has been great to see their confidence grow as they experiment with both design and layout.

### **Year 13**

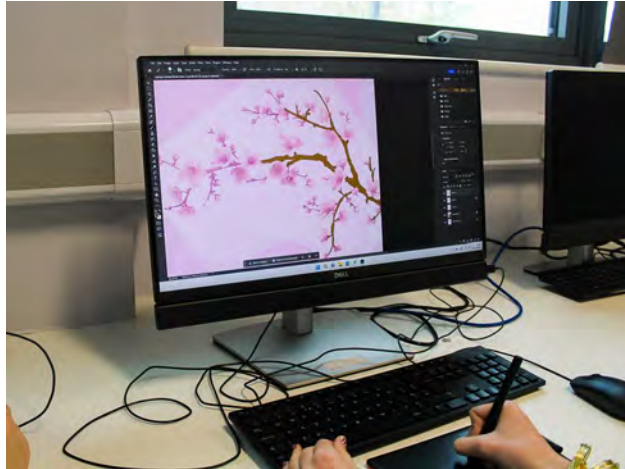
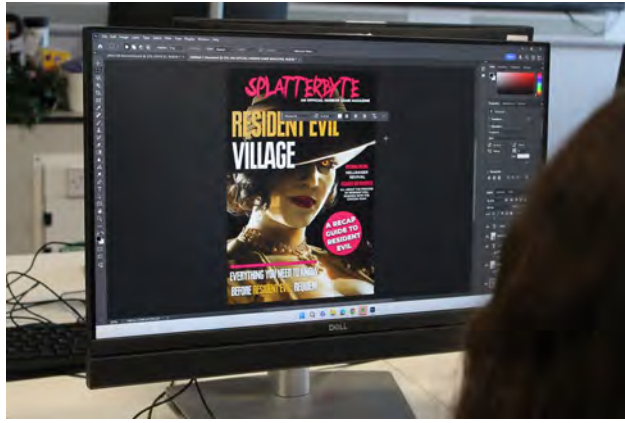
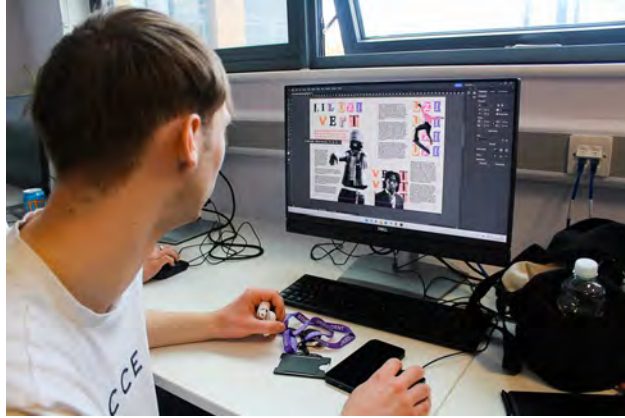
Students have recently completed their campaign pitch unit, delivering an impressive range of ideas focused on positive social change. Students developed and presented their campaigns to a client or investor, producing professional sample materials, considered budgets, and detailed business plans. The breadth and quality of topics were particularly strong, including piercing safety, animal welfare, historical preservation, men's mental health, epilepsy awareness, and challenging discrimination against LGBTQ+ communities. Students demonstrated thoughtful research, creativity, and a clear understanding of how media can be used to inform, engage, and influence audiences.

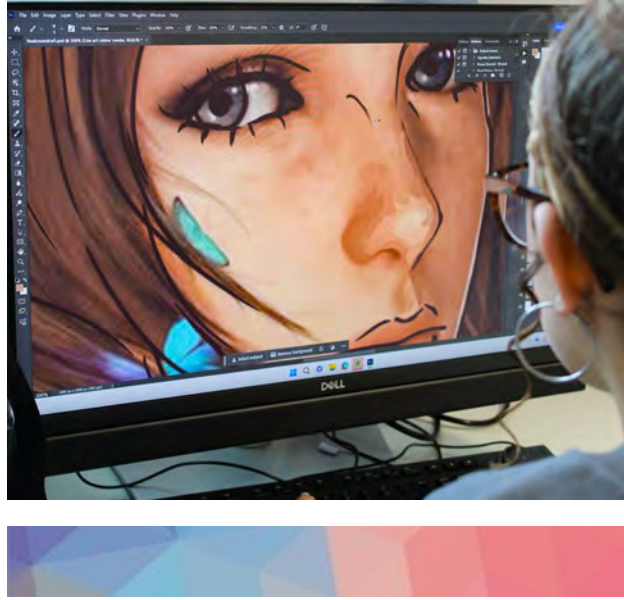
They have now begun their Final Major Projects, where they will create work based on their own interests and career aspirations. This is an exciting opportunity for students to further develop their skills and build a strong, personalised portfolio in preparation for their next steps.

### **Lily Knibbs**

**Teacher of Creative Digital Media | KS4 & KS5**







## 15 - PHOTOGRAPHY THIS TERM

### **Year 10 Photography**

This term students have been working hard to create a strong foundation for their GCSE Photography coursework. This has involved grasping an understanding of the Assessment Objectives that underpin the study and beginning their research into the theme of Apart/Together. Students will be responding to this theme in a range of ways that are unique to them and their personal interests using research into multiple artists to inspire their work. It has been fantastic to see students engage positively and enthusiastically with this new topic and start to create some fantastic ideas for their own future photoshoots.

### **Year 11 Photography**

Students have been very busy as they start to come to the end of their Exam Project. It has been lovely to see how far students have developed and refined their photography abilities since submitting their coursework in December - every student has shown so much determination and growth! They are now on the final stretch to finalise their research and exploration into their chosen theme before the practical exam next term.

**Ruby Fleming**

**Teacher of Creative Arts**



## 16 - ART RECAP

### **Year 10 Art**

Year 10 have just started their coursework project exploring the theme of Identity. Students are considering what parts of themselves they wish to focus on and how this can be done with different ideas, materials and techniques they have learnt so far in the subject.

### **Year 11 Art**

Year 11 are fast approaching their exam in April. Each student is investigating and responding to different artists that relate to their chosen themes, using knowledge and skill developed over the past two years to produce high quality outcomes and execute creative ideas.

### **Rebecca Burt**

#### **Head of Creative Art**



## 17 - GRAPHICS HIGHLIGHTS

### **Year 10 Graphics**

Students have been working on their coursework project, focusing on magazine design. They will be researching, sketching and developing ideas, with the aim of creating a complete magazine cover including the front, back and a full inside spread.

### **Year 11 Graphics**

Students are coming to the end of their exam project, and are preparing for their final exams after half term. They are refining and completing their work, and ensuring their outcomes are polished and fully developed.

Below is a selection of Year 10 work from their last project.

### **George Harris**

#### **Teacher of Graphic Design**



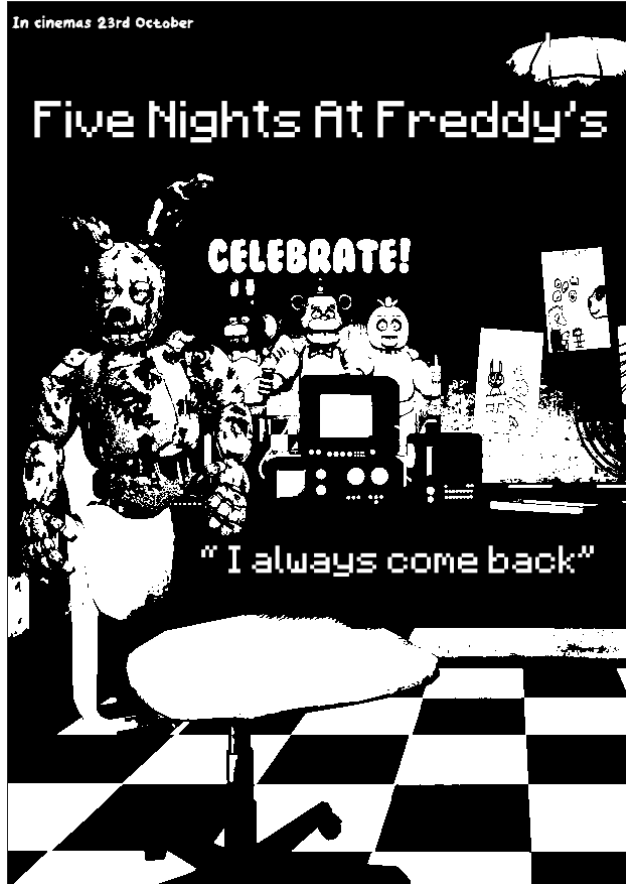


In cinemas 23rd October

# Five Nights At Freddy's

CELEBRATE!

"I always come back"





18 - ESPORTS UPDATE

The Rocket League team have represented Digitech Studio School brilliantly over the past 7 weeks and have really shown signs of developing their teamwork and communication skills. Currently, we are waiting to see if we have qualified for playoffs after finishing joint top of Group B. A massive thank you to each of the players for their hard work in both training sessions and match days. Fingers crossed we can make playoffs and continue our journey into the knockout stages of British Champs!

Team	Played	Won	Lost	Drawn	For	Against	Diff	Streak	Points
QMS Wakizashi 盛榮	7	6	1	0	25	5	20	5	18
DSSB	7	6	1	0	24	6	18	1	18
Boost Bandits	6	5	1	0	20	4	16	2	15
Reigate CyborGS 2	7	4	3	0	17	12	5	0	12
LTC Swindon	7	2	5	0	8	23	-15	0	6
KESBATH Legion 5	5	1	4	0	4	18	-12	0	3
BPC Buccaneers RU-B	6	1	5	0	8	20	-12	1	3
MHS_GAMING_CLUB	7	1	6	0	4	24	-20	0	3



#### 19 - THIS TERM IN MUSIC

On Friday 20th of March, we held our latest Live Lunch performance from a returning favourite - Y11s Kian and Franklin, who dropped a banger of a set crammed full of Drum'n'Bass goodness. It's been fantastic seeing how these boys have developed their skills since their first set in Year 10.

We are looking forward to hearing them play again at DIGIFEST 2026!

**Sam Eason**

**Teacher of RSL Creative Music Industry**






20 - DIGITECH CLUBS

ATTENTION Y10!  
JOIN DIGITECH'S


# Student Council



1 member per  
tutor group

Your tutor group will  
have a vote soon!

Every Friday during  
break time



## Digitech Film Club

YOU CHOOSE THE FILMS!  
TELL LAURA WHAT YOU  
WANT TO WATCH...

TUESDAY | 10:40 - 11:10  
BREAKTIME | EN2

# 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




**Autism Allies Group**  
Your voice matters. Your ideas count.

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





TIME	MON	TUE	WED	THUR	FRI
Break	Podcast Club (CR3)	Film Club (EN2)			
	Mental Health (MA2)	Careers and Work Experience (Canteen)	Global Majority (CR1)	Young Carers (HUB)	LGBTQIA+ (CR4)
	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)		Darts Club (CR2)
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

## 21 - DIGITECH INFORMATION AND REMINDERS

### DIGITECH DRESS CODE

Our dress code reflects our core purpose of preparing students for further education or employment with training in the creative digital and high-tech sectors where the dress code is much more casual.

We reserve the right to challenge students on their dress and expect full co-operation from parents and carers if we deem that a student is not dressed appropriately for an educational environment.

*There are some non-negotiables:*

- *No coats to be worn in classrooms – coats must not be worn during a lesson*

- ***No hats or hoods to be worn up in the building***
- ***No flip flops or sandals***

**Students are expected to wear appropriate sports kit for all PE lessons.**

**Students who are inappropriately dressed will work in isolation until suitably dressed. The school reserves the right to make this decision.**

**Students on work experience need to adhere to the company's dress code.**

**Students who might traditionally receive a bursary for school uniform can still apply for this. Please contact [info@dssb.clf.uk](mailto:info@dssb.clf.uk) for more information.**



### **Sparx Reminder**

A reminder that your child should be using Sparx Science to complete their weekly Science homework. Sparx provides highly personalised homework to students, tailored to their individual attainment level and working speed. Your child's homework is set on Friday 9am and due in on Thursday 6pm every week. Students log in at [sparxscience.com](http://sparxscience.com) by finding their school, clicking continue with Microsoft and entering their school username and password. Sparx Science can be accessed on any device that connects to the internet with a web browser. We understand how important your child's success is to you. Below, you'll find information about Sparx Science, along with practical advice on how you can support them to complete their homework each week.

### **What is Sparx Science?**

Assigned homework will mostly focus on topics recently covered in class, along with consolidation questions on previously covered topics to embed prior learning. Students receive immediate feedback for each question about whether their answer was correct or they need to have another try. They earn rewards via XP for completion and effort. Every Sparx Science question has support available, helping your child find the guidance they need on their own. This ensures they always have the tools to succeed. Students also have the autonomy to further develop their scientific knowledge if they desire, via the 'Independent Learning' section of the platform. Homework will only be marked complete when 100% of the questions are answered correctly.

### **How can you help your child with their homework?**

Provide a quiet space for your child to focus on their homework, with minimal distractions. Encourage your child to start their homework early. Please let them attempt questions independently. Sparx Science will automatically adjust the level of questions provided based on your child's answers. Keep track of your child's progress within their homework by checking the weekly email sent to you from Sparx. Find out more about Sparx Science here: [sparxscience.com](http://sparxscience.com)

### **What support is available at Digitech?**

Homework support, Wednesday 3.30-4.15pm, CR2 SEND homework support in the Hub Computer room (CR2) available each breaktime Your child's teacher is also available to answer any questions/support with specific issues. If you have any questions, please contact: [siobhan.cole@clf.uk](mailto:siobhan.cole@clf.uk)

Siobhan Cole

Senior Leader



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#### **Polite Reminder-**

**Please ensure your child brings a water bottle to school each day.**

**These can be refilled using our water stations.**

**We can no longer supply bottles of water to students.**



22 - HIRE OUR SCHOOL HALL

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*[Click here to find out more - https://digitechstudio.schoolhire.co.uk/main-hall/39453](https://digitechstudio.schoolhire.co.uk/main-hall/39453)*

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Looking for a venue to host a meeting, community groups (Scouts, Guides) or talks –

Look no further than Digitech!



## Main Hall

Digitech Studio School in Bristol

### £ Pricing

Details	Size	Weekday (£)	Weekend (£)
Full Hall	8 x 9	25.00	30.00
Weekend Full Day	8 x 9	n/a	200.00 (fixed fee)

Prices shown are per hour unless otherwise stated and may be subject to VAT.

### What you will find at this facility

Maximum capacity - 50 people.

Our Main Hall provides a flexible facility to meet your requirements whatever your needs.

Its flexible options make it perfect for many different types of events. Potential uses include dance/exercise classes, community groups and functions

The Hall is based on the ground floor and has full disabled access. It comes equipped with interactive screen, chairs and single or meeting desks (upon request). Based on your requirements the room could be set up in many different ways, so please include full details on the booking request.

There is limited parking available on first come first served basis.

Should you wish to clarify anything, please use the messaging feature.

### Location

Tower Road North, Warmley, Bristol, BS30 8XQ



23 - EXTERNAL INFORMATION, OPPORTUNITIES AND USEFUL LINKS



## Bikeability Cycle Training

### Easter Holiday Courses

Practical cycle training delivered by South Gloucestershire Council's Bikeability team. Children build confidence and essential skills with qualified, DBS checked instructors.

**You'll need:** a roadworthy bike and a correctly fitted helmet.

#### Courses

##### ★ Learn to Ride (Year 3+)

Can't yet ride with pedals / without stabilisers. **1.5 hrs • Playground**

##### ★ Level 1 (Year 3+)

Already riding without stabilisers; build confidence & control. **1.5 hrs • Playground**

##### ★ Level 1 & 2 (Year 5 & 6 and older)

For riders who can cycle with control. Assessment in playground then on road: road position, priorities, hazards & junctions.

##### ★ Level 3 (Year 6+ with Level 2 completed)

More complex roads & traffic situations. **2 hrs**

- A **non-refundable booking fee** applies.
- **Places are limited:** one course per child per holiday period.
- **Cancellation:** 24-hour notice required.
- Bikes may be available by prior agreement; bring your own helmet.

#### Locations

- **Bradley Stoke Community School** – Fiddlers Wood Lane, Bradley Stoke, BS32 9BS
- **Watermore Primary School** – Lower Stone Close, Frampton Cotterell, BS36 2LE

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*Book Online - [Bikeabilitycycletrainingsouthgloucestershirecouncil](https://www.southgloucestershire.gov.uk/bikeability)*

*Scroll to: School holiday courses*

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# Next stop, better buses.

Share your feedback to help shape the  
new bus plan in the West of England.

[haveyoursaywest.co.uk/betterbuses](https://haveyoursaywest.co.uk/betterbuses)

**WEST** | HELEN GODWIN  
OF ENGLAND | MAYOR OF THE  
WEST OF ENGLAND

Scan me to  
have your say



STOP



YOUTH GUARANTEE PROJECT

# NEWSLETTER

## YOUTH GUARANTEE

Funded by **UK Government**

AUTUMN/WINTER 2025

ISSUE ONE

SUPPORTING YOUNG PEOPLE INTO EMPLOYMENT, EDUCATION OR TRAINING.



The Youth Guarantee team attending a SGC care leavers event

Welcome to the first edition of our Youth Guarantee project newsletter!

We would like to invite young people, their families/carers and local services to be informed about our project, exciting updates and the amazing journeys our young participants have been on in this exciting trailblazer.

*"My advice to anyone thinking about joining the YG Project is to go for it. The program offers really good support and guidance, and it helped me improve my confidence, communication, and work experience. It's a great way to prepare for future employment." **Ryan Jones** - YG Participant*

## 18-21 YEARS OLD AND NEED?

We can help you:

- Build confidence and employability skills.
- Gain work experience in a job sector of your interest.
- Build a tailored CV and prepare for interviews.
- Work towards Level 2 English and Maths qualifications with our partnership with TUTE Education.

*"My mentor has helped me in finding employment especially with the interview prep we did before my successful interview. I got the job!"*  
**Lauren Thomas.**  
YG Participant

## YOUTH GUARANTEE

Funded by **UK Government**

Our Youth Guarantee project is for young people aged 18-21 years old living in South Gloucestershire who are not enrolled in education, training or in employment. Our youth employability project prioritises young people with Special Educational needs and/or disabilities (SEND with no EHCP) and/or experiencing social, emotional and/or mental health difficulties (SEMH).

Our core programme offers free one-to-one employability and skills mentoring, a supported work placement, as well as personalised wrap around support which can include:

- ❖ A free bus pass and work placement expenses subsidy.
- ❖ Maths and English online tuition.
- ❖ Tailored social, emotional and mental health support to help overcome barriers.

We will ensure individuals access the right support to secure a personal outcome in obtaining a suitable job, education provision or training programme.



[Find out more about the Youth Guarantee project](#)



skills  
**CONNECT**

18-21 years old,  
not in education,  
employment or  
training?



[Contact us today!](#)



18-21 years old, not in education, employment or training? Contact us today:

**EMAIL** - [skills.connect@southglos.gov.uk](mailto:skills.connect@southglos.gov.uk)

**WEBSITE** - [www.skillsconnect.org.uk](http://www.skillsconnect.org.uk)

**Tel** - 0117 332 1500

# BOOST YOUR



# CONFIDENCE



# TEAM

## THE 12-WEEK TEAM PROGRAMME



### Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal, and there'll be plenty of activities, so you'll soon feel part of things.



### Week 1: Plan ahead

You'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications. You'll also likely be planning for your residential trip.



### Week 2: A new adventure

You're likely to spend part of this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!



### Weeks 3-6: Something to talk about

You'll decide on a project to benefit your local community as a team and will carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.



#### **Weeks 7-8: Work placements**

This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.



#### **Week 9: Future steps**

It's time to plan your next steps after the programme. You'll get help to write a fantastic CV, practise your interview skills and make applications.



#### **Weeks 10-11: Meet the challenge**

You and your team will take on a challenge to help others in the community. This is when you get to test out all the skills you'll have worked on so far.



#### **Week 12: Have your say**

You'll deliver a presentation, with your team, to an invited audience during this final week. This is your chance to show off the talents you've discovered! This may sound scary now but, after 12 weeks on Team, you'll be surprised at how far you've come.

## THERE ARE LOTS OF BENEFITS TO JOINING **TEAM**

- Uncover your hidden talents and improve your confidence
- Gain new qualifications
- Develop your English and Maths skills
- Mix with new people and make friends
- It won't cost you anything and you won't lose your benefits

**3** <sup>IN</sup> **4** people who complete our courses go into work, education or training.



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Sign up to your local team - [kingstrust.org.uk/team](http://kingstrust.org.uk/team) or Call free - 0800 842 842

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# NSPCC

# Helpline

For any concerns about a child  
help@nspcc.org.uk | 0800 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 2025. Registered charity England and Wales 219401. Scotland SC037717 and Jersey 394. Illustrations by Jonathan Calup



## School Nursing Service parent drop-in

If you are a parent or carer and would like to speak to a member of the School Nursing Team to get information and advice for your child, then please come along to one of our parent drop-ins.

This will also be an opportunity for you to meet with other parents and ask the School Nursing Team any questions you may have.

**When:** Every Friday during school term time, starting 20<sup>th</sup> March 2026 10:30am to 12.

**Where:** Martins House, opposite Kings Oak Academy.

**You can contact: School Nursing team 0300 125 5151.**

Use the QR code to view our web page and find out more about our service.



Service provided by  
**Sirona**  
care & health

**NO APPOINTMENT NEEDED**  
JUST COME ALONG!

South Gloucestershire Council  
Delivering with you

Compass

**DROP IN ANYTIME**  
between 9am and 12:30pm



# Need support for your family?

Drop in and chat with our friendly team

From pregnancy through to teenage years, Compass can give advice and signpost families to the right help and support available in South Glos.  
Drop-in sessions available weekly at local One Stop Shops:

**PATCHWAY TUESDAYS**      **KINGSWOOD WEDNESDAYS**      **YATE THURSDAYS**

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Website - <https://life.southglos.gov.uk> or scan the QR code

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# PARENT & CARER SUPPORT GROUP FOR SELF-HARM

4 Session Online Self-Harm Support Group for  
Parents & Carers of Young People that Self-Harm

Supporting a young person who self-harms can feel overwhelming, confusing, and isolating. Wait times for referral to services often take time.

This online support group will equip parents and carers with the self-confidence to support their child and to promote a caring environment that reduces stress and promotes health and well-being.



By the end of the course, participants will have had opportunity to:

- Develop a better understanding of self-harm
- Reflect on the challenges faced by parents and carers when providing support
- Explore helpful responses, drawing on the perspectives of people with lived experience and up-to-date, evidence-based guidance
- Focus on accessing support for themselves and confidently signposting to relevant resources

Facilitated by Jez Spencer, a qualified Mental Health Support Worker specialising in suicide prevention and self-harm. Jez works extensively with private and public sector organisations providing mental health training across the UK and Ireland.

**When: Online 6.00pm - 7.30pm**  
**3rd, 17<sup>th</sup>, 31<sup>st</sup> March & 14<sup>th</sup> April 2026**

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*For more information please email - [group@selfinjurysupport.org.uk](mailto:group@selfinjurysupport.org.uk)*

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# Mums, looking to get back in to work?



## Women's Work Lab



Our unique programmes bring together Mums who are all looking to change their lives.

Our transformative programmes help you to rediscover your confidence, recognise your brilliance and set you on a pathway to find work that works for you and your family.

We know that many Mums want to explore working in a school or education setting so we are offering a specialists programme where you can look at the range of different roles, take part in a work placement which will include being supported to gain a transferrable DBS check.

**...ever  
considered  
working in  
a school?**

Dates: 23<sup>rd</sup> February - 9<sup>th</sup> June 2026  
Mon & Tues, 10am to 1pm (term time only)  
Venue: 30 Queen Charlotte Street, Bristol  
City Centre, BSI 4HJ

**Hive to  
hired**



**Women's  
Work Lab**

**Hive to  
hired**

**We support Mums  
to transform their  
lives by rebuilding  
their confidence and  
helping them on their  
journey to find work  
that works for them  
and their families.**

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[www.womensworklab.co.uk](http://www.womensworklab.co.uk)

[fern@womensworklab.co.uk](mailto:fern@womensworklab.co.uk)

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# ONLINE TUTORS KEEPING CHILDREN SAFE



## GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE IF YOU GET THEM A TUTOR?

### 1) Select the right tutor

- o Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- o Take up references and speak to them if you can
- o Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- o Find out which platform they will use and its safety features



### 2) Establish clear rules

- o Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- o A tutor is not a friend - they should behave in a professional way, like a teacher
- o Sessions must not be recorded without your approval
- o Try to be in the room for all sessions, especially for younger children, and certainly the first time
- o Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information; blur or change the background



### 3) Make sure your child knows

- o The rules apply to them and the tutor
- o A tutor is a teacher not a friend
- o The RED FLAGS: asking to communicate directly, change platform or meet up (if not booked via you)
- o Neither tutor nor child should share personal information, private messages or photos & videos
- o They must never meet without your approval or communicate on a different platform
- o Who their trusted adults are at home and school
- o They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset



FIND MORE SAFEGUARDING RESOURCES  
TO SUPPORT PARENTS AT  
PARENTSAFE.LGFL.NET

**LGfL**  
SafeguardED



**ChildLine**  
0800 1111


Don't keep it inside  
Talk to us

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



South Glos

# Easter FUN



Four days of fun activities fully funded for children & young people who receive benefits-related free school meals.



For more information please contact-

[www.southglos.gov.uk/HAF](http://www.southglos.gov.uk/HAF)

[haf@southglos.gov.uk](mailto:haf@southglos.gov.uk)



**Worrying about money?**  
Support is available in Bristol

**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 3**

**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**

**Three steps to find options and places to get help**

**Step 2: What are some options?** Need support in another language? Fill out this form mentioning WAN: [responsibilitytranslation.org/need-support](mailto:responsibilitytranslation.org/need-support)

**1 Council Support Schemes**  
People on the income may be eligible to receive 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 crisis. All schemes will depend on your current circumstances. Find out more: [www.bristol.gov.uk/benefits-financial-help](http://www.bristol.gov.uk/benefits-financial-help)

**2 Benefit Advice**  
If you have made a new claim for benefits and are in financial hardship while you wait for your first payment, you may be able to get an advance to offset things like rent or food. It's 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).

**3 Maximise Your Income**  
Advance is a struggling financially, you get a benefit check and unable to do without for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advice worker also help with managing gas and electricity bills and make sure you're not missing out on things like school grants or free school meals.

**4 Hardship Payment**  
If you have been sanctioned, you may be able to acquire a hardship payment from the Adverse Sanctions Payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit must be the paid back (in cash), but hardship payments of Jobseeker's Allowance or Employment Support Allowance do not need to be repaid.

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

**6 Challenge a Decision**  
You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused if you have been overpaid. 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><b>BRISTOL CITY COUNCIL</b> Welfare Rights and Money Advice Service. Information about disability and carer's benefits, including advice and assistance on claiming and challenging decisions. <a href="http://www.bristol.gov.uk/welfare-benefits">www.bristol.gov.uk/welfare-benefits</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>BRISTOL CITIZENS ADVICE</b> Generalist advice provider, including debt, welfare rights, housing and employment. 0800 276 7627 <a href="http://www.bristolcitizens.org.uk">www.bristolcitizens.org.uk</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>ST PAULS ADVICE CENTRE</b> General and specialist advice on debt, benefits and immigration issues for communities of St Pauls and East Bristol. 0117 952 2881   <a href="mailto:stpauls.advice@stpauls.org.uk">stpauls.advice@stpauls.org.uk</a>   <a href="http://www.stpauls.org.uk">www.stpauls.org.uk</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>Other Support</b> Bristol City Council – Local Crisis and Prevention Fund. You might be able to access crisis support through the fund. 0117 922 4000. 10am-5pm to 12noon. <a href="mailto:localcrisis@bristol.gov.uk">localcrisis@bristol.gov.uk</a> Housing Matters. Legal advice on housing issues, including evictions. Housing related debt and more. 0117 928 0285. <a href="mailto:www.housingmatters.org.uk">www.housingmatters.org.uk</a> Shelter Bristol. Housing advice. 0800 302 4444   <a href="mailto:enquiries@shelter.org.uk">enquiries@shelter.org.uk</a> 1825 Independent People. Support for young people aged 16 to 25 living independently. 0117 917 8000   <a href="http://www.1825people.org.uk">www.1825people.org.uk</a> The Home Energy Forum. Centre for Sustainable Energy (CSE). Grants aimed at energy use in the home, staying warm &amp; saving on top of fuel bills. 0800 302 2224   <a href="mailto:www.henergy@bristol.gov.uk">www.henergy@bristol.gov.uk</a> <a href="http://www.cse.org.uk">www.cse.org.uk</a></p>
<p><b>WELFARE RIGHTS ADVISORS</b> General advice and specialist help with welfare benefits, SDA, income maximisation and financial capability. 0117 983 1122 (Dailine Benefits &amp; Grants) 0117 922 0300 (Crisis Advice) <a href="http://www.southgloucestershire.gov.uk">www.southgloucestershire.gov.uk</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>WELFARE RIGHTS ADVISORS</b> Independent welfare benefits and debt advice, including complex casework, appeals and representation at Tribunal. 0117 983 1751 (Mon-Thu 9.30am to 4.30pm) <a href="http://www.southgloucestershire.gov.uk">www.southgloucestershire.gov.uk</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>FOR THE ADVISORS</b> Information and advice for people over 55 who live or work in Bristol and their carers. 0117 928 0227 <a href="http://www.sgnk.org.uk/home">www.sgnk.org.uk/home</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>BRISTOL LAW CENTRE</b> Specialist legal advice &amp; casework including housing &amp; homelessness, welfare benefits, evictions, immigration &amp; asylum, family &amp; mental health law, employment &amp; discrimination. 0117 928 0227 (Dailine) 0117 928 0228 (Dailine) <a href="mailto:help@bristollawcentre.org.uk">help@bristollawcentre.org.uk</a> <a href="http://www.bristollawcentre.org.uk">www.bristollawcentre.org.uk</a> Help with options: 1</p>
<p><b>DEBTLINE MONEY</b> Advice to anyone worried about money, covering debt, benefits and bills. 0800 321 4811 or 0117 954 3900 <a href="http://www.takingmoney.org.uk">www.takingmoney.org.uk</a> Help with options: 1 1 1 1 1 1 1 1</p>	<p><b>DEBTLINE MONEY</b> Helps low income households to become better off, find work and get advice. 0117 42171 <a href="http://www.debtline.org.uk">www.debtline.org.uk</a> Help with options: 1 1</p>		

# Cost of Living support in South Gloucestershire

**Money saving tips**

**Access to benefits**

**Food support**

**Community Welcome Spaces**

Freephone 0800 953 7778

[www.southglos.gov.uk/CostofLiving](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.southgloscab.org.uk)

## Employment & Training



### Job centre plus

1 Support in finding employment and applying for benefits.

☎ Freephone **0800 169 0190**

🌐 [gov.uk](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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 other than English, please contact Tel: 01454 868009



- **SilverCloud – New Digital Mental Health Service**

*A new digital mental health service is now available for children, young people, and their families experiencing mild to moderate anxiety and or low mood.*

*Further information and contact details can be found on the **Silver Cloud directory** page referrals can be made (Self or professional accepted) via **North Point referral form**.*

- **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](http://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](http://ccp.org.uk))
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- **Cost of living support:** Cost of living help | BETA - South Gloucestershire Council

([Southglos.gov.uk](http://Southglos.gov.uk))

- **Household support fund** | BETA - South Gloucestershire Council ([southglos.gov.uk](http://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](http://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](http://otrbristol.org.uk))  
Email: [hello@otrbristol.org.uk](mailto: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](http://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](mailto: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](mailto: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.

**Drop in sessions run every Tuesday term time only, 10 - 11.30am, held at our venue.**

**We provide a safe, fun and inclusive environment to relax and connect for parents and**

*carers, with or without their children.*

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

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- **South Gloucestershire Talking Therapies** - Vitamins: Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+.
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Self-referral via the website: [wellaware.org.uk](http://wellaware.org.uk) Tel - **0333 200 1893** NHS Talking Therapies - North Somerset & South Gloucestershire ([vitahealthgroup.co.uk](http://vitahealthgroup.co.uk))

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- **Samaritans**: Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.
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Tel: **116 123** (free from any phone, 24/7). Website: [www.samaritans.org](http://www.samaritans.org) Samaritans | Every life lost to suicide is a tragedy | Here to listen Email: [jo@samaritans.org](mailto:jo@samaritans.org)

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Have a restful holiday, we look forward to seeing students back in School on Monday 20th of April.

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