

Contents (linked):

Relevant provision/updates across South Bristol/city-wide:

- o Children & Young People
- o Ramadan
- o Other Advice & Support provision

Brislington

Knowle

Stockwood

Hengrove & Whitchurch Park

Relevant provision/updates across South Bristol/city-wide:



BFPL-Hengrove-Knowle-Filwood-Brislington

Feeding Bristol have updated their **food provision lists** on their website. There are week-by-week calendars of food support happening around the city in different areas

www.feedingbristol.org/support-in-bristol/community-food-support/



36 Bus Route.jpg

New bus services! **Three new bus services for Bristol** starting 6th April
Service 36 - South Bristol: Heading West, it goes from Wotton Road via Guildford Road, St Anne's Park Road, Newbridge Road, Wick Road, Allison Road, School Road, Bath Road, Stockwood Road, Hungerford Road, West Town Lane, Wells Road and Broad Walk, then to Imperial Park, Hengrove and Bishopsworth.



International Womens Day 2025.p

Free International Womens Day 2025 Celebration: Saturday 8th March 10am – 5pm at Bristol City Hall College Green BS1 5TR.

A broad intergenerational programme of events from the arts exhibitions to panel discussions on women's economic inequality, women's health, global feminism, women in the arts to name a few and a wide breadth of workshops with music, wellbeing, history, health and informative talks. This event is completely free and you do not need to book or reserve a ticket.



Ignite Activity Afternoon.jpg

Access Sport Inclusive Multi-Sport Afternoon: Saturday 15th March, 12:30 – 3pm at Hengrove Leisure Centre BS14 0DE

An opportunity for d/Deaf, disabled and neurodivergent females and non-binary children, young people and adults to try different sports and activities. Find out more and register here: https://bit.ly/multi-sport_taster or email Katie.Crook@AccessSport.org.uk



BS3 HELPING OTHERS DIRECTORY

'BS3 Helping Others' Directory of Volunteering Opportunities in BS3

Bristol Steppin Sistas run Wellbeing Walks for Women of Colour. They are hosting a **Manor Woods (BS13) walk exclusively for South Bristol Residents** (over 18s) on **Tuesday March 25th, 11am – 12:30pm**. Meeting point **Bishopsworth Library**, Bishopsworth Road BS13 7LN at **10:45am**.

Further information and booking here: [MANOR WOODS WALK FOR SOUTH BRISTOL RESIDENTS FOR OVER 18s Tickets, Tue, Mar 25, 2025 at 11:00 AM | Eventbrite](#)

Women of Colour Workshop - Let's Have Fun Talking Health, hosted by **Nilaari** and led by a **Black female health expert: Saturday, 22nd March, 10:30am - 2pm at the Rose Green Centre**, 65 Gordon Road BS5 7DR– a space designed for Women of Colour, focusing on health and well-being.

Interactive, tailored presentations on important health topics. A chance to learn, ask questions, and connect with other women who share similar experiences. Refreshments & lunch provided.

Follow the link to book:

www.eventbrite.co.uk/e/women-of-colour-workshop-lets-have-fun-talking-health-tickets-1227609355629

Free Community Feast and Action Day, Saturday 29th March, 11am - 3pm at **Knowle West Media Centre**, Leinster Avenue, BS4 1NL.

There will be Seed swap with We Are More from Springfield Allotment; Nature print making with Filwood Community Centre; Exhibition about local action by Knowle West Media Centre; Film screenings; Recipe sharing PLUS: A free community feast at 12.30pm

Drop in anytime, but if you're planning to join for the feast [please register on Eventbrite](#) so they know how many people to feed. If you have any questions, please email enquiries@kwmc.org.uk or call 0117 903 0444.

Children & Young People

Free (with code*) **NHS 'Understanding your feelings (for teenagers only!)' course**: developed by a team of Clinical Psychologists, Child Psychotherapists, and Child and Family Practitioners, it's for all teenagers who wish to understand their own development and emotional wellbeing.

*Using the code GROWING, teenagers can access for free: <https://orlo.uk/Fsv7h>



Square Food How to Be a Chef.jpg

Square Food Foundation based at The Park, Daventry Road are offering a **free cookery course for young people interested in a career in hospitality**: How To Be A Chef is Square Food Foundation's flagship cookery course for 16-25 year olds. Starting in April, the course is FREE to attend and includes 12-weeks of interactive, fun, confidence-boosting cooking. It is designed to support young people who are not currently in full-time work or education. For more information visit: www.squarefoodfoundation.co.uk/how-to-be-a-chef



YoungMinds Parent Helpline Info leaflet

YoungMinds offers **mental health support and information for young people and parents**, including a **free Parents Helpline** via phone: 0808 802 5544 or online via webchat. Usual opening hours are Monday - Friday 9:30am - 4:00pm (although running a reduced service 9:30 – 2pm until Mon 10th March)

Ramadan:



Ramadan 2025
Diabetes UK support

Diabetes UK: Ramadan and Diabetes Support and Resources 2025:

Ramadan will start on or around Friday 28th February for 29 or 30 days. There is information for people living with diabetes who are thinking about fasting for Ramadan on their [website](#) and lots of weblinks to videos and factsheets in a range of languages in the document attached.

We have further information and links to support on the Connexus website - **Staying Healthy During Ramadan:**

www.connexuspcn-southbristol.nhs.uk/2025/02/06/staying-healthy-during-ramadan-2025/

Other Advice & Support provision:



Damp-and-Mould-checklist.pdf

A [Damp and Mould checklist](#) for health and care staff across Bristol, North Somerset and South Gloucestershire (BNSSG) is being piloted by Bristol Health Partners and [Bristol One City](#).

The simple checklist is designed to support health and care staff who see patients in primary, community and secondary care settings, to identify and respond to damp and mould or fuel poverty concerns which may be impacting health. It provides guidance on actions to take including advice, signposting and template letters to raise housing issues.



Fair Renting Campaign Stay Play

Bristol Fair Renting Campaign, Stay & Play group for parents, carers & guardians who want to see changes in Bristol's renting system:

10.30am-12.00pm every third Wednesday of the month at The Spark Space, 138A Church Road, Redfield BS5 9HH

The attached flyer is available in 10 different languages - please get in touch with alice.cranston2@nhs.net for access to these.



AIS toolkit.docx

Accessible Information Standard (AIS) – support for practices. One Care has an AIS toolkit (attached) and offers one-to-one bespoke support and staff training to take you through the practical steps needed to implement the AIS, and help you successfully integrate compliance into your existing practice processes.

For more information please contact Alasdair.wallace@onecare.org.uk

Free online [Webinar: importance of health literacy](#) - communications tips and advice 4 and 31 March, 1-3pm

It is vital health communications to the public are clear and understandable to the average adult reading age in the UK (nine to eleven years old). Around half of adults find it hard to understand health information, which makes it harder for them to manage their wellbeing and creates health inequalities.

This free webinar will cover the importance of health literacy and provide practical tips and advice on improving your communications. **Find more information and sign up [here](#).**



Carents flyer.jpg

[Carents](#) – range of online information, community and support for people looking after elderly parents.



gettingthemostout
ofyourappointment

[The Patients Association guide to Getting the most out of your appointment](#)

to provide patients with the knowledge and tools they need so that they are prepared to get the most out of appointments.

Alongside the guide, there is a short animation which is more accessible for those who prefer pictures and audio and could be useful to add to digital call in screens: <https://youtu.be/fbjxIXTjMng>

[New resource to help tackle suicide risk in Gypsy, Roma and Traveller communities](#)

A series of three short films released Feb 2025, and supported by the NHS Race and Health Observatory, explore the spate of suicides amongst Britain's 600,000 Gypsy, Roma and Traveller people. With as many as 11% of community members dying from suicide, the personal and candid testimonies contained highlight desperate health inequalities.

In 2022, the Observatory partnered with the University of Worcester to explore how mental health services are engaging with Gypsy, Roma and Traveller communities across the UK. Subsequently, a [comprehensive report](#) 'Inequalities in Mental Health Care for Gypsy, Roma, and Traveller Communities: Identifying Best Practice' was published in September 2023.

Totterdown/Windmill Hill:

Activities at [Windmill Hill Community Centre](#), Vivian Street BS3 4LW:



Womens Day
Windmill Hill Comm

Free Women's Day Event: Friday 7th March, 8 – 10pm. Art, Dance, Yoga and Talks

Councillors Surgery – with Windmill Hill councillors Lisa Stone and Ed Plowden: **1st Tuesday of every month, 4.30-6pm.**

Community policing meeting led by local PCSOs on the third Tuesday of every month – times vary each month. Designed to give residents the opportunity to talk to the police, Bristol City Council and other agencies on request.

Brislington:



BS4 Wellbeing
Walks.jpg

[BS4 Wellbeing Walks](#): Monday mornings - 3rd March and 10th March (see poster for details) A social walking group in Brislington and Knowle to encourage people to get active and share local walking routes.



death cafe 2025
poster.png

[Death Café \(Bristol\)](#): 2 – 4pm at the Spielman Centre, Arnos Vale Cemetery BS4 3EW on various Sundays (see attached poster). Next one **23rd March.**

A Death Café is a safe and relaxed space to gather with people to discuss topics related to death and dying Their objective is "To increase awareness of the reality of death, so we can enjoy feeling more fully alive". It is not a bereavement or grief counselling group.



Briz Day.jpg

Briz Day Community Event: Saturday 19th April from 11am at Beeses, Wyndham Crescent BS4 4SX. Live music; Family Fun; Workshops, etc

New activities at St Anne's House St Annes Road, Brislington BS4 4AB



New FAB (Friends Ageing Better) cafe :
Ageing Better) cafe :

New FAB (Friends Ageing Better) café: every Tuesday, 1 – 3pm at St Annes House Community Living Room (end of Cibomatta Canteen).

Meet up, chat and cuppa for over 50's. No need to book



SAH Creative Circle.jpg

New Creative Circle group: every 2nd Monday (3rd/17th/31st March): 9.30–11am

Creative meet-up group set up by a local volunteer. Explore art, crafts, and get creative in a new group where everyone is welcome to drop in and create ideas together. Sessions are free and open to those aged 18 and over, no booking necessary. Read more and book [here](#).



Learn to batch cook this March.png

Four week [Learn to Batch Cook cooking course](#): Mondays 10th, 17th, 24th and 31st March, 10am – 12:30pm. Learn new skills and cook nutritionally balanced recipes in a fun and friendly step-by-step class. The total cost for attending all 4 sessions is £5.

Plus - **Little Feast pay-as-you-can Lunches**: Mondays 10th, 17th, 24th and 31st March, 12:30 – 1:30pm. Sample recipes from the 4-week course in a social and welcoming group lunch.

[St Anne's Spring Market](#): Saturday 29 March, 10am-5pm
Stalls, café and craft



Myths with Marcus.jpg

[Myths with Marcus](#) – Free monthly storytelling event: last Friday of the month **March 28th, 7 – 9:30pm**

African and European folklore come to life through oral storytelling. Any questions please contact: storyteller@mythswithmarcus.co.uk

[Knowle:](#)

[Redcatch Community Garden](#) Redcatch Park, Broadwalk, Knowle BS4 2RD.

Email cath@redcatchcg.com for more information & bookings



RCG Shaping Places Frozen Meals.png

Shaping Places for Healthier Lives Frozen Meals – cooked by the Community for the Community. Frozen meals to take home available from Roots Café for £4.50/3 for £12



RCG Taster Day - 1st April.jpg

Redcliffe Community Garden Free Taster Day: Tuesday 1st April

Open to all ages, no need to book: Welcoming Spaces lunch (12 – 1:30); Wellbeing in the Garden activities; Garden Tour; Knitting & Crochet; Tai Chi; Theatre in the Garden – for times and more information see poster.



Climate Disability
Cooking session 2n

Cooking session for Disabled People: Wednesday 2nd April, 1:30 – 3:30pm. Session will include a Garden Tour and cooking food to take home and helping prepare frozen meals for the community



SEND Climate
Disability Cooking s

Cooking session for Disabled Children & Young People (under 18): Thursday 10th April, 10am – 12pm. Session will include a Garden Tour and cooking food to take home.



RCG Community
Lunch & Climate Act

Community Lunch and climate action for Disabled people: Tuesday 15th April, 12 – 3pm. A free lunch to meet other Disabled people and have a say on a climate change plan made by local Disabled people.



One Love Hub
2024.jpg

One Love Hub: Multicultural Group, Tuesdays (Term-time), 12:30- 2:30pm at Knowle West Media Centre, Leinster Avenue BS4 1NL

Stockwood:

Good news! West of England [Impact Alliance](#) are a collective of over 50 purpose-led organisations, united by the mission of making communities more connected and loneliness a stranger. **Stockwood has been chosen as a pilot community to receive funding to create change in the community!** They are currently identifying key community partners to work with and I'll update you as we hear more...



Stockwood
Scrabble Club.jpg

Monthly Scrabble Club: 1pm on Mondays 17th Feb; 17th March; 14th April; 19th May; 16th June at Stockwood Library, Stockwood Road BS14 8PL

[Bristol u3a Social Group BS14](#) 1st Monday of the month, 10 -11:30 am at Haberfield House, Hollway Road, Stockwood BS14 8AD

The group's goal is to provide the means for new and existing u3a members in the area to meet up, make friends, have some fun, and to help support members in creating their own specialised interest groups.

All members and non-members are welcome to come along and take part.

Hengrove/Whitchurch Park:



Lush Greens
Volunteering 2025.p

[Lush Greens](#) Volunteer Sessions (Feb-Dec) at Oatlands Avenue, Whitchurch and Hengrove BS14 0ST. Lush Greens is a not-for-profit community market garden (small vegetable farm) which provides produce to local Food Banks, Food Clubs and members of the community.

- **Mindful Gardening: Wednesdays, 9:15am – 1pm**
- **Community Farming: Thursdays, 9:15am – 4:30pm; Fridays, 9:15am – 1pm and 3rd Saturday of the month, 9:30am – 4pm**

Hot drinks and lunch are provided at every session. Please see the flyer for more information and contact details.

