

Our Tenant Organisations

DHEK BHAL—providing support for South Asian people.

0117 914 6671, www.dhekbhal.org.uk, dhekbhal@yahoo.co.uk

SOMALI RESOURCE CENTRE—supporting Bristol's Somali communities.

0117 907 7994, www.somalicentre.co.uk, info@somalicentre.co.uk

CHANGES—mental health recovery service.

0117 941 1123, www.changesbristol.org.uk, info@changesbristol.org.uk

CATCH 22—supporting young people at risk of exclusion from school.

0117 954 8888, catch-22.org.uk, EastBristol.YIP@catch-22.org.uk

IDEAL—reducing the harm caused to communities by illegal drugs trade.

0117 955 6971, www.ideal-cl.org.uk, admin@ideal-cl.org.uk

BARTON HILL BOXING CLUB

0117 330 8040, www.bartonhillabc.co.uk

BRISTOL PLAYBUS—mobile play activities for children.

0117 955 1561, www.bristolplaybus.org, manager@bristolplaybus.org

TRAVELLING LIGHT—theatre company for young people.

0117 377 3169, www.travellinglighttheatre.org.uk, cath@travellinglighttheatre.org.uk

Latest News and Events (see website for details)

Café Apprentice Wanted—We have an exciting opportunity for a young person to run our new café, which will open in early 2012!

FREE COMPUTER USE! You can get a year's FREE use of the Computer Room when you sign up for FREE online training with UK Online. (New users only.) Please ask Jorge in the Computer Room for details.

Funding

Our work would not be possible without the support of our funders, and we gratefully acknowledge the support of the following:

Ashley Easton & Lawrence Hill Partnership, The Baring Foundation, Barton Hill Primary School and Children's Centre, BIFFA, BDP, Bristol City Council, Burges Salmon, BYCA, The Esmee Fairbairn Foundation, The John James Foundation, St Monica Trust, The Percy Bilton Charity, Quartet Community Foundation, Royal British Legion, Social Investment Business, Sovereign Housing Ass'n., UK Online.



What's On at the Settlement



This edition: **3/1/2012**, valid until **31/3/2012**

Barton Hill Settlement, 43 Ducie Road, Barton Hill, Bristol BS5 0AX Tel - 0117 955 6971
Email - admin@bartonhillsettlement.org.uk Website - www.bartonhillsettlement.org.uk

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Welcome to Barton Hill Settlement!

This booklet describes the various services provided by Barton Hill Settlement. We hope that you will find what you need here, but please don't hesitate to ask for more information or assistance.

The information in the booklet is as accurate as possible. However, please phone, or check the website (www.bartonhillsettlement.org.uk), for any changes or cancellations.



In each section, this box tells you who you should contact for further information.

For general enquiries, please contact RECEPTION, on 0117 955 6971.

Services for Families and Under 5s

The Family Centre at the Settlement provides services to children and families in Barton Hill and the surrounding areas.

Here's what happens in the Family Centre each day, during term time. There is no charge for any of these activities. The sessions are for any parent, carer, grandparent, childminder etc. with children under 5 years, although some sessions are for specific groups of people, as indicated below.

This term, we've got a huge variety of themes and activities going on in our Family Sessions, from cooking to crafts and creative activities.

Monday	9:30-12:00	Childminding Group	A network group for childminders.
Tuesday	9:30-12:00	Family Drop-In Session	For parents/carers and their children.
Tuesday	12:30-3:00	One World Group	For parents and families new to the area.
Wednesday	9:30-12:00	Family Drop-In Session	Fun activities and discussions.



Elaine Martin, 0117 954 8882, elainem@bartonhillsettlement.org.uk

Muslim Women's Lunch

The lunch provides a space for women to come together, eat and socialise. Crèche provided—please book in advance.

The lunch takes place once per month—please phone for latest dates.



Maggie Reardon, 0117 955 6971, maggier@bartonhillsettlement.org.uk

Eastern European Group

A drop-in session in the Family Centre for Eastern European families to get together and join activities with their children.

Wednesday, 12:30-3:00



Elaine Martin, 0117 954 8882, elainem@bartonhillsettlement.org.uk

Conversation Club

A group for women who want to improve their spoken English. Practice speaking, and improve your confidence. (This is not an ESOL class, and you need a good understanding of English to participate.)

Friday, 10:00 am—12:00 noon



Maggie Reardon, 0117 955 6971, maggier@bartonhillsettlement.org.uk

Other Events and Services

CREDIT UNION

Barton Hill Settlement is a service point for Bristol Credit Union. They are here every Thursday, 1:00—2:00, for saving and borrowing.



0117 924 7309, info@bristolcreditunion.org.uk

TUESDAY CLUB

A social club for older people, every Tuesday evening, 5:00-9:00, in the Main Hall. Transport provided.



Lyn Matthews, 07861 740377

everybody, and cost just £3.50.

Minibus transport is available for Over 50s for an additional 50p—please book in advance.

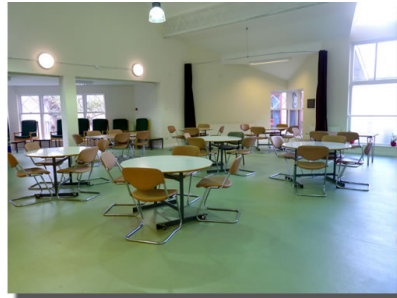
Affordable FRESH FRUIT AND VEG are for sale at the Thursday lunch.


 Maggie Reardon, 0117 955 6971, maggier@bartonhillsettlement.org.uk

Room Hire

Many of our rooms are available for private hire at very reasonable rates, from £8.25 per hour for one of our Training Rooms. Our Main Hall can accommodate up to 150 people, and has a kitchen space.

Why not book one for your next meeting, party or event?



 Julie Georgewill, 0117 955 6971, julieg@bartonhillsettlement.org.uk



Cultural Interest

One World Group

In the Family Centre, on **Tuesdays, 12:30—3:00**. This is a group for parents who are new to the area, or who have English as a second language. The group has been especially beneficial to Somali women.

Wednesday	12:30-3:00	Eastern European Group	Drop-in session for Eastern European families.
Thursday	9:30-12:00	Family Drop-In Session	Messy play, stories, and fun for families.

OTHER SERVICES

The Family Centre also offers “**Reaching Out**” groups, where parents/carers can meet up with others and their children. These are at Barton House (Wednesday, 9:30-11:45), and at Barton Hill School (Tuesday, 9:00-11:00).

The informal **Parents’ Group** meets on Thursdays, 12:30-2:30, for discussions on parenting, and anything else. (Crèche available.)

 Elaine Martin, 0117 954 8882, elainem@bartonhillsettlement.org.uk

Services for Young People

Play Rangers

The Barton Hill Play Rangers organised supervised play, team games and activities. All young people up to 13 are welcome—under 8s must be accompanied. These are the session times:

Tuesday	3:15-5:45	Netham Park, Barton Hill
Wednesday	3:15-5:30	St George Park, St George
Friday	3:15-5:30	Urban Park, Barton Hill

 Rob House, 0117 955 6971, robh@bartonhillsettlement.org.uk

Dings Young People’s Project

The project is for 11-19 year olds, and is based at the Dings Park, Oxford Street. These are the session times:

Monday	7:00-9:00	Open Access session
Thursday	3:30-5:00	Outreach
Thursday	5:30-7:00	Barton Hill Youth Forum (at the Settlement)

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Friday 7:00-9:00 Open Access session

 Kinny Chinangwa, 0117 955 6971, kinnyc@bartonhillsettlement.org.uk

Drug and Alcohol Services

As part of Barton Hill Settlement, the CAAAD Project offers support to anyone who feels they are using, or have used, drugs or alcohol problematically. We are also able to support people whose substance misuse issues may be complicated by mental health problems, such as depression and anxiety.

Services include:

- DROP-IN—a safe place, with no appointment needed.
- ACUPUNCTURE
- COMMUNITY LINKS WORKER—support for anyone whose life is affected by drugs/alcohol—tel. 0773 203 7524.
- COUNSELLING— a series of one-to-one sessions.

Monday 2:00-4:00 General Drop-In Session. All welcome.

Monday 3:00-4:00 Acupuncture

Tuesday 2:00-4:00 General Drop-In Session. All welcome.

Wednesday 2:00-4:00 General Drop-In Session. All welcome.

Wednesday 3:00-4:00 Acupuncture

Thursday 2:00-4:00 Headspace and General Drop-In

Thursday 3:00-4:00 Acupuncture

 Anya Mulcahy-Bowman, 0117 954 8881, anyam@bartonhillsettlement.org.uk

Services for Older People

Shopping Bus

Our shopping bus runs every **Tuesday** and **Friday**, and goes to a variety of local supermarkets, including Tesco, Morrisons and Sainsburys.



Anyone over 50 can use the service, which leaves the Settlement at about **9:00 am**. Our friendly drivers will pick you up at your door, and drop you off with your heavy shopping. And all for just **£1.50!**

Places must be booked in advance. And, by the way, don't forget that minibus transport can also be provided for Over 50s to our LUNCH CLUBS on Thursday and Sunday—see p6. Also see "Tuesday Club", p7.

 Maggie Reardon, 0117 955 6971, maggier@bartonhillsettlement.org.uk

Services for Everyone

The Computer Room

If you want to get started with computers, need help or advice, or just want somewhere to catch up on your email, come along to the Computer Room.

We offer Open Access sessions at the following times:

Monday 1:00-4:00

Tuesday 1:00-4:00

Wednesday 1:00-4:00

Thursday 1:00-4:00

LATEST NEWS!

Although we usually have to charge for use of the Computer Room, you can get a year's FREE membership when you sign up for FREE online training with UK Online. (New users only.)

Ask Jorge in the Computer Room for more details!

 Dave Hobson, 0117 955 6971, daveh@bartonhillsettlement.org.uk

Courses

We often run courses at the Settlement in a variety of subjects, including computing, yoga, etc. The courses are mainly run by the WEA, and are usually free for people on income-related benefits.

Other courses, including ESOL classes, are managed by the Beacon Centre, which is part of the City Academy. Their phone no. is 0117 935 1471.

 Sarah Dailly, 0117 955 6971, sarahd@bartonhillsettlement.org.uk

Lunch Clubs

We have **community lunches** every Thursday and Sunday, 12:30—2:00. Prepared by Chris, our qualified chef, and his team, these are open to

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