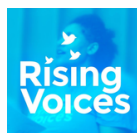


TCF Newsletter

Be Connected, Be Informed, Be Well.



THIS MONTH'S ISSUE FEATURES



Welcome to our Newsletter

As the leaves turn and the nights draw in, we're excited to share stories and resources that celebrate inclusion and wellbeing.

Inside, you'll find practical support like housing advice and money guidance, inspiring initiatives such as Radical Nature's therapy sessions, and creative highlights from Community Winter Shows. Plus, explore health and employment support and our spotlight on menopause and neurodiversity.

Stay informed, stay connected, and let's make this autumn a season of positive change together!

Announcements



THE BIRCH COLLECTIVE

The **Birch Collective** is proud to be a pilot partner with **WorkWell West**, an NHS-funded service offering **free, confidential 1:1 coaching** to anyone whose health is a barrier to employment.

What WorkWell West offers:

- A dedicated Work & Health Coach for 6–8 sessions (extendable)
- Support with health, confidence, training, and moving towards work at your own pace
- Tailored action plans built around your individual goals and needs
- 100% voluntary – does not affect benefits

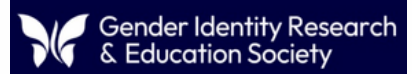


TCF Joins ACFA Advice Network

TCF is now part of **ACFA**, a network of trusted advice centres across Bristol, North Somerset, Bath and North East Somerset, and South Gloucestershire.

ACFA members work together to ensure local people can access **free, confidential, and high-quality advice** on issues such as benefits, debt, housing, employment, and immigration.

By joining the network, TCF strengthens its links with local advice services, helping **connect communities with the right support** and promoting fairness and inclusion.



GIRES exists to support organisations, trainers, charities and individuals **working for trans and gender diverse inclusion** by making research and high-quality resources accessible, affordable, and effective.

We exist to **strengthen existing support services** to ensure trans-inclusion is included in all areas and at all stages of life.

Check out their training offer

[CLICK HERE >](#)

Common Ambition Bristol

Common Ambition Bristol (CAB) have produced a handy **toolkit** to guide service providers who want to use co-production with minoritised communities to improve health services.

CAB is a **pioneering co-production programme** that involves **members of African and Caribbean communities living in Bristol**, working in equal partnership with sexual health staff and service providers. After four years of working in this way, the team have some **important learning** to share in the form of an **interactive PDF**.

The toolkit provides information about the key milestones and challenges in co-production, based on the Common Ambition Bristol experience. They **suggest ways to develop shared goals between communities and health services** and negotiate core values; share power and decision making throughout the process; foster relationships between project

partners and community members and embed evaluation and iterative feedback into the process. If you're looking to uplift the voices of the community in your work, you can **read the toolkit via the following link:**

<https://hpruebs.nihr.ac.uk/news/new-co-producing-health-and-care-services-toolkit-shares-learning-from-common-ambition-bristol/>



Have more questions or want to chat further?
We'd love to hear from you, get in touch via
[**cab@brigstowe.org**](mailto:cab@brigstowe.org)

All Aboard Watersports

All Aboard Watersports run a varied schedule of events from their centre in Baltic Wharf, BS1.

Our aim is to get everyone to experience the benefits of the water irrespective of any barriers they may face and we have **specialist equipment** that has been adapted to cater to needs.

We offer a range of activities including **sailing, rowing, kayaking, canoeing and swimming.**

From women's only watersports; taster sessions for d/Deaf people and those who are visually impaired through to litter picks for community groups; anyone from 8 years old is welcome to come and experience the benefits of being on to the water.

Our professional and caring staff undertake regular **training in Disability Awareness.**

We run a dedicated Sailability program every Saturday morning from Easter until October to include Powerability and Paddleability.

We offer **subsidised rates for charities** and community groups and carers go free on our Sailability sessions. If cost is a barrier, we can look into seeing if we have funding available to support you getting on the water.



Radical Nature

Radical Nature aims to increase access to the physical and emotional benefits of **Nature Therapy**. Mental health challenges are increasing in our population and yet despite evidence that being in nature can have significant benefits, many people struggle to access nature. We are **breaking down barriers to people benefiting from nature** by organising events, raising awareness and distributing resources.

Our goal is to empower people to see themselves as part of nature, to **feel connected to it**, take responsibility for protecting it and reduce the divide between humans and other species.

We are currently running **free Nature Therapy sessions on Wednesday mornings in East Bristol**. It is a chance to slow down, relax, and connect with nature by participating in some gentle mindfulness exercises and sharing experiences of being in nature.



Email us to book a space or for more information on how you can benefit from nature or help others experience these benefits.

info@radicalnature.co.uk | www.radicalnature.co.uk | facebook.com/RadicalNatureBristol

Brandon Trust

Culture of Appreciation: Recognition Matters

Brandon Trust's **Big Summer Shout-out** began as a seasonal celebration of achievement and has blossomed into a vibrant, ongoing **recognition of excellence** across the charity. From heartfelt personal stories to professional milestones, the initiative has united teams and highlighted the transformative power of compassion and person-centred support.

Across regions like Gloucester, Cornwall, and Bristol, events such as **barbecues, bingo, and certificate ceremonies** honoured support workers and celebrated achievements – from helping someone take their first holiday in years to fostering social engagement. **Social enterprises also shone**, with nearly 50 shout-outs recognising contributions at Elm Tree Farm, Banwell Pottery, and more. Highlights included long service milestones, leadership growth, and creative enterprise promotion.

Festivals and shout-out walls brought people together in Rugby, London, and beyond, while recognition spanned every role – from seasoned leaders and new starters to training, digital, and policy teams.



Children's services received praise for delivering **inclusive summer experiences, and special moments** like Jodie's hovercraft birthday adventure showcased the **joy and dedication of support teams**.

This **culture of appreciation** continues to grow, **reinforcing Brandon's values and strengthening connections**. As shout-outs roll into autumn, the message is clear: **recognition matters, and every effort deserves to be celebrated**.

Money Guidance Programme Delivered by Quids in!

£1,091
average
gains for
clients after
5-6 weeks

About The Programme

A 5-6 week FREE programme with up to 8 hours of one-to-one support over the phone, plus a follow-up call two months later. Our goal: to help clients reduce stress, boost income, cut costs, and build long-term financial resilience.

What We Offer

- **Money Health Check (MHC)**: 25 simple questions to create a personal action plan
- **Quick wins to build confidence** – from social tariffs to grants and discounts
- **Guided steps**: Budget Planner, Spending Diary, Benefits Check, grant applications
- **One-to-one support** every step of the way
- **Signposting & referrals** to trusted partners
- **Emergency support access** (fuel bank, foodbank, databank)

After, people felt significantly more confident that:

- ✓ Their money would last until their next pay day
- ✓ They were able to keep food on the table
- ✓ They knew where to find help if they had money worries
- ✓ They were getting all of their entitlements

✉ Email bristol@cleanslateltd.co.uk for more information



Scan to sign
up yourself or
refer a client

Quids in!
Money Guidance delivered by CleanSlate

Clean Slate Training & Employment CIC is a not-for-profit social enterprise helping low income individuals across the UK become more than better off through its money guidance initiative, Quids in.

Clean Slate Money Management Programme

Managing money can be challenging, especially with rising living costs – but **free help is available**. The **Money Guidance Programme**, delivered by **Clean Slate Training & Employment CIC** through its Quids in! initiative, offers 5-6 weeks of **one-to-one money guidance** for people on low incomes in Bristol.

Participants receive up to **eight hours of tailored support** by phone, helping them reduce stress, boost income, cut costs, and build financial confidence. The programme includes a personal Money Health Check, practical **budgeting tools**, and **help accessing benefits, grants, and emergency support** such as fuel or food banks.

On average, participants gain over £1,000 in financial improvements after just a few weeks.

✉ To find out more or make a referral, email bristol@cleanslateltd.co.uk or visit quidsinmagazine.com.

Spotlight on... Menopause



Menopause Awareness Month: Real Experiences, Inclusive Conversations

This Menopause Awareness Month, **Inclusive Change** shines a light on voices often left out of the conversation. They share a collection of **blogs exploring menopause** which look at what it really means to experience this stage of life as a neurodivergent woman, and how workplaces can become more understanding spaces for all.

Across these thoughtful pieces, themes of sensory overwhelm, emotional intensity, and brain fog are **explored through real stories and lived experience**. Articles such as *"Leading While Masking, The Unseen Burnout of Neurodivergent Women in Work"* and *"Supporting Autistic Women Through Menopause: What They Really Need"* highlight the double load carried by women navigating both menopause and neurodiversity. They also offer **practical insight** into how colleagues, leaders, and organisations can respond with empathy and awareness.

Rather than framing menopause as a struggle, these blogs call for **honest dialogue and systemic change**, so that support becomes part of everyday practice, not a token gesture.

As the season turns and we reflect on change, these stories remind us that **inclusion starts with listening**.

You can explore the full series on the Inclusive Change blog at [**Inclusive Change Menopause & ND Blog**](#)



Diversity Trust

After an incredibly busy summer at **The Diversity Trust**, we are now looking ahead to what the rest of the year has to offer and how we can continue to influence social change. Following the huge success of our **first ever Vintage Pride event** in September, we are looking to work closely with **Age UK South Gloucestershire** in a bid to provide a **safe, social space for LGBTQ+ who are over the age of 50**. We will be carrying out some focus groups in the next couple of months to gauge exactly what this space will look like.

We will also be hosting our **first ever Trans Celebration event** on November 15 in Bath to coincide with Trans Awareness Week. This will take place from 11am – 4pm at Komedia. In October we also launched the second of a **series of three white papers around the topic of Diversity in Menopause**: *'Workplace Insights: Diversity in Menopause – Focus on LGBTQ+'*, White Paper.

This white paper builds a narrative around the existing literature and is augmented by **case studies and quotes to add the voices of those with lived experience**. You can read the whole paper at diversitytrust.org.uk.



Housing Matters Celebration of 60 Years of Supporting Bristol's Communities



This year, **Housing Matters** proudly celebrates **60 years** of offering advice, support, and **advocacy** to people across Bristol and the surrounding areas.

To mark this incredible milestone, we recently held a **celebration event** bringing together past and present staff, volunteers, partners, and members of the community who have been part of our journey. It was a wonderful opportunity to **reflect on six decades of work and commitment to those facing housing crisis and homelessness**.

From our beginnings in the 1960s helping families navigate the housing system, to today's work offering **free, independent advice to anyone facing housing challenges**.

Over the years, our mission has remained the same: **to ensure everyone has access to safe, secure and affordable housing**.

Our work continues through a range of services designed to reach people where they are. We offer **community drop-in sessions**, where anyone can come for **friendly, face-to-face advice** on sessions on a range of housing and homelessness issues. We also run a dedicated **advice line**, open on Tuesday mornings and Thursday afternoons, providing support for those who may find it difficult to attend in person.

We're deeply **grateful to our team, partners, and supporters** who make this work possible and to the many individuals who have trusted us to be part of their housing journey over the past six decades.

As we look to the future, **Housing Matters remains committed to helping people find stability, dignity, and hope** through housing advice and community support. **Here's to the next 60 years of making a difference, together.**



You can find out more about our work here: housingmatters.org.uk

Follow along for more regular updates on how you can get involved in preventing homelessness and supporting people who are facing housing crisis: [Quarterly Update - Housing Matters](#)

JIGSAW Thornbury is a charity that **works with children and young people aged 0-25 with additional needs or disabilities, and their families.** Everyone can join in with or without a diagnosis. We provide **friendship, support, compassion and fun**, along with innovative services that empower the whole family to connect, fit in and thrive. Everything we do is driven by the passion of our staff and volunteers.

We run **activities and clubs for all ages**, where siblings can also come and enjoy quality time in a non-judgemental and compassionate environment. We have **support, wellbeing and information events** and **groups for parents and carers.** We also provide a **lending library** that enables families to try out equipment and aids before having to commit to buying.



For more information visit our website at www.jigsawthornbury.org.uk where you can see **details of upcoming events** and sign up to **membership for free**, enabling you and your family to start benefiting from our services



Creative Communities

Celebrate Community and Creativity This Winter

BDP Creative Communities are hosting a **Winter Show**, taking place at **The Trinity Centre** on Monday **1st December** (doors 14:45, start 15:00).

This uplifting annual event showcases the incredible **creativity and talent of Rising Voices, Bristol Recovery Orchestra, and Creative Communities' beginner music groups.** Expect an inspiring mix of classical, jazz, funk, and a cappella performances – from Shostakovich waltzes to New York jazz, winter songs, and Southern hymns, supported by **guest musicians from the Bournemouth Symphony Orchestra.**



Entry is free, with donations welcome to support the ongoing work of Creative Communities, a project open to anyone with lived or living experience of drug use.

If you're looking to kick off your festive season with **warmth, connection, and great music**, this is the perfect way to do it.



Lived Experience at the heart of Developing Health & Independence's Criminal Justice recruitment

Social inclusion charity Developing Health & Independence's Criminal Justice Service - operating across Bristol, Bath & North East Somerset and South Gloucestershire - **supports people serving non-custodial sentences to rehabilitate and lead healthier, independent lives.** The team works closely with probation services to ensure individuals receive the right support to turn their lives around.

Recently, service users Alison, Ken and Seb took part in interviews for two new mental health practitioners, placing **lived experience at the centre of DHI's recruitment process.**

Ken shared, ***"Interviewing candidates gave me a chance to give back to the service that supported me. It was also a chance to learn something new."***

Rachel Barnes, Service Manager, said, ***"Clients benefit by having their voices heard, which boosts self-esteem and confidence. Their insights help us recruit the right people."***

Seb said, ***"I want to help recruit someone who doesn't stigmatise people with a history of offending and who believes change is possible."***

DHI delivers the Mental Health Treatment Requirement (MHTR) as part of Integrated Non-Custodial Services.



Royal Voluntary Service Home Library Service

What with her hip and the arthritis in her hands, **Mary found getting out to the library more and more difficult.** A keen reader since her teens, she loved the places the books took her to and the people she met there. How she missed them! And now her sight was failing.

Tony was now working from home but missed the camaraderie of the office. Having negotiated flexible working he was looking for opportunities to get out of the house and meet people. To feel more connected.

The **Bristol Home library Service** put Mary and Tony in touch. Tony visits every few weeks bringing new books for her to read. They sit and chat about these over a cup of tea. Tony brings her some ordinary books, but also some **large print** as well as encouraging her to try **audiobooks** on her CD player.

Bristol Home Library Service is for any **adult in Bristol, who have difficulty getting to the library either because of disabling conditions, age, or caring responsibilities.** We find the Tony's of this world, volunteers who want to help make Bristol a better place for everyone.

BRINGING THE LIBRARY TO YOU
YOUR LOCAL LIBRARY AT YOUR DOORSTEP

Bristol **Home Library Service** delivers books to isolated readers who cannot get to their local library due to a disability, poor mobility or caring responsibilities.

This is a truly valued service that is flexible and can work around a volunteer's existing commitments. To access the service or to find out more about becoming a **Home Library Service** volunteer contact us today.

For more information, please ask at your local library, or call Royal Voluntary Service on **07714 898 558**, email us on bhlsvisits@royalvoluntaryservice.org.uk or visit royalvoluntaryservice.org.uk.

All volunteers are fully compliant and DBS checked. Registered charity 1013888 (England and Wales) & SC03924 (Scotland) 00000000

Bristol After Stroke



Stroke support charity's "huge thank you to carers"

Bristol After Stroke, which supports over 1,400 local stroke-affected people every year in Bristol and South Gloucestershire, has publicly thanked carers following the massive success of their recent **annual charity walk and Wellbeing Day**.

*"These are the two big events in our calendar," says their CEO Rebecca Sheehy, "**bringing together everyone in the local stroke community**, and we simply couldn't run them without carers getting involved and bringing their family members to events."*

This year's charity walk **raised almost £35,000 towards vital services**, with almost 150 stroke-affected people, their carers and families taking on the 1, 3 and 6 mile courses in Eastville Park and along the Frome Valley Walkway – many walking, but with others in wheelchairs for all or part of the way.

Many of those taking part set themselves personal challenges as part of their recovery journey; and, thanks to those walking and their generous sponsors, the charity more than doubled last year's fundraising total.

Bristol After Stroke's Wellbeing Day, held at St Monica's in Cote Lane, saw 140 stroke-affected people and their carers think about **new ways to improve their health and wellbeing...** from joining fitness classes or taking part in a Park Walk through to joining a community allotment or aphasia choir.

*"We never forget the role that carers play," says Rebecca Sheehy, "and **we also recognise the challenges they can sometimes face, which is why we can also offer support to carers who need it – including counselling.**"*

Learn Reiki Celebrating 20 Years of Learn Reiki in Bristol

This year, **Learn Reiki** celebrates **20 years of helping people** in Bristol transform their lives through the **healing power of Reiki**. With 12-week evening courses based at St Paul's Learning Centre.

Over the years, hundreds have discovered how **Reiki can support their health, wellbeing, and happiness**. On Reiki Level 1, students learn self-healing and how to offer healing to family, friends, and even pets. **Many find this course life-changing**. Those who continue to Level 2 gain advanced skills and supervised experience, with many going on to become professional Reiki practitioners.

Learn Reiki has thrived thanks to word-of-mouth recommendations, with each student's transformation inspiring others to join.

✉ learnreiki@hotmail.com | 🌐 learnreiki-bristol.co.uk

📘 Facebook & Instagram: @LearnReikiBristol



Well Aware News

Over the past few months, **TCF and Well Aware** have been assisting community members in **making the most of their health online**. This has included helping them download and navigate the NHS app, guiding them to Well Aware services, and linking them to online groups and resources to support their health and well-being.

Our team ran a **drop-in session at Horfield Medical Centre** where they supported 30+ patients to download and use the NHS app and signposted them to relevant support in the community using **Well Aware's online tools**.



In September, our team attended the **Stockwood Health & Wellbeing Market Day** where they connected with the local community, and **supported them to take control of their health online**.



Would you like to be part of the next TCF newsletter? Join our mailing list!

sign up here!

You can also email us: info@wellaware.org.uk for more information.