

Guide to Services - Christmas 2017



Please note: The information in this booklet is the result of the Women's Support Services group sharing information of the opening times of their services over Christmas/New Year in the hope it might help those who need support at this time. It may be that changes are made to opening plans and that other services are open that we are not aware of.

**Prepared by Natalie on 18/12/17
on behalf of the Women's Support Services Group**

Wishing you a peaceful
Christmas 2017



May 2018 be a year of
renewed hope for you

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Caring at Christmas

The Night Shelter, St Pauls, Bristol. Please enter via the Wilder Street Car Park.

Caring at Christmas provides warm, safe accommodation, food, social activities, and companionship to homeless and vulnerable people in Bristol. It will open at 3pm on 24th December all the way through until 1st January at 10am.

The shelter is open to all those in need serving breakfast (8am – 9.30am), lunch (1pm-2.30pm) and dinner (7pm – 9pm) with takeaway options available. In addition, they offer sandwiches and snacks.

The shelter doors are locked at 11pm for those who are staying overnight. The shelter doors will re-open around 7am each day.

There is no need to be referred or call to access the shelter in the day, or overnight. The “bedlist” for the night will open at 5pm on a first come first served basis. An area of the 60 bed mixed dormitory will be women-only & there will be security in the shelter 24/7 to help everyone feel safe. *Overnight spaces are limited so if do have someone to stay please do use that instead.*

Services and events on offer include twice daily sessions from St John’s Ambulance (morning and evening), Samaritans, St Mungo’s outreach & Brisdoc. In addition there is a schedule of arts & crafts, hairdressers, singers/entertainers, etc. The following is as of 17/12/17 and may be subject to change....

Caring at Christmas 2017 - Services & Entertainments

(may be subject to change)

Sunday 24th Dec

4-7pm – Massage
7pm on – Drawing
workshop

Monday 25th Dec

9am – Mindfulness
session
10.30-5.15pm – Massage
4-10pm – Entertainment:
Spanish Flute

Tuesday 26th Dec

10.30-5.15pm –
Hairdresser
4pm on – Entertainment:
Singer & Viola

Wednesday 27th Dec

10.30am – Massage
10.30-5.15pm –
Hairdresser
4pm on – Entertainment:
Singer & Viola

Thursday 28th Dec

8.30-11.45am – Optician
10.30am-2pm –
Chiropodist
10.30am – 2pm -
Hairdresser
2– 5.30pm – Poetry
Workshop
4pm onwards – Mural
making

Friday 29th Dec

8.30-11.45am – Optician
10.30-11.30am – Podiatry
11.30-1.30 –
Entertainment
3-5.30pm – Reflexology
4-6pm – Singer
6pm on – Guitarist &
singer

Saturday 30th Dec

7-10am – (activity tbc)
11.30-12.30 – Clay
workshop
11.30-1.30 –
Entertainment
3-5.30pm – Reflexology
4-6pm – Singer

Sunday 31st Dec

Breakfast time & after:
Massage, Optician
3-5.30pm – Massage /
Yoga therapist
4pm on – Poetry
workshop

Accommodation

The Night Shelter, 16 Little Bishop Street, St Pauls,
Bristol, BS2 9JF



Closed over Christmas.
Usually open Mon,
Tues, Wed, Fri & Sat.

During the Christmas period, the *Night Shelter* is taken over by Caring at Christmas. During this time, seasonal food and entertainment are provided.

*Crisis Centre
Ministries*

Spring of Hope

71a West Street, Old Market,
Bristol BS2 0BX

Emergency Nightshelter for Women, as well as emotional support and practical support, to women fleeing from abuse, relationship breakdown and sex work. We can accommodate up to 12 women. The night shelter doors open at 10pm on a first come first served basis. Individuals can self-refer but if you are an agency referring someone to the shelter, it is helpful for the team to be informed.

Open as usual over the Christmas period.

Opening Times

We are open six nights every week - Sunday,
Monday, Tuesday, Wednesday, Thursday & Friday.

Contact: Val Thompson, Spring of Hope Manager
Tel. 0799 071 5691



Food

East Bristol Foodbank

The last day to collect food parcels before Christmas will be Friday 22nd December from 12.30-2.30pm at Fishponds Baptist Church or 2-4.15pm at the St Marks Community Cafe at St Marks Baptist Church in Easton.

The first foodbank centre open in 2018 is on Wed 3rd January at the Church of God of Prophecy Church Hall, 2 Tudor Road, BS5 6BW from 12.30-2pm.

North Bristol Foodbank

Week of 18th December – Usual opening times

Week of 25th December – Horfield Outlet (Ebenezer Church, BS7 0BA) – OPEN 28th December 1 – 3pm.
ALL other outlets (Lockleaze Outlet, Southmead Outlet and Filton Outlet) CLOSED

Week of 1st January – Lockleaze outlet – CLOSED,
ALL other outlets (Horfield Outlet, Southmead Outlet and Filton Outlet) OPEN as usual

North West Bristol Foodbank

Our Emmanuel Chapel, Henbury outlet will be the last time we open for Christmas on Friday 22nd December from 10-12noon. Fuelbank will also be available on this morning.

We will then close for Christmas and reopen on Wednesday 3rd January 2018 at our Hope Chapel, Hotwells outlet at 10am.



Wild Goose drop-in

32 Stapleton Road,
Easton, Bristol, BS5 0QY

Free hot meals, shower facilities, clothing and toiletries. Open four days a week and an evening meal six nights a week for those in extreme poverty and need. The centre also serves as a hub in signposting to appropriate voluntary and council services for service users.

The Wild Goose will be last open on the evening of Friday 22nd December, and will re-open on Tuesday 2nd January.

Usual opening times (closed over the Christmas period – reopens Tuesday 2nd Jan) :

Monday: 10am - 3pm, 8pm - 9.45pm

Tuesday: closed, 8pm - 9.45pm

Wednesday: 10am - 3pm, 8pm - 9.45pm

Thursday: 10am - 3pm, 8pm - 9.45pm

Friday: 10am - 3pm, 8pm - 9.45pm

Weekends: Sunday 8.00am-9.45pm

Services



Bristol Drugs Project
11 Brunswick Square,
Bristol BS2 8PE
Tel: 0117 987 6000
www.bdp.org.uk

BDP direct access services over Christmas:

Mon 25th & Tues 26th December – closed

Wed 27th December – open 9am -8pm
Mobile truck at Bedminster 12-2.30pm & Hartcliffe
3pm – 5.30pm. No women's morning group

Thurs 28th & Fri 29th December – open 9am – 8pm.
All services running

Sat 30th Dec – 10am – 5pm

Mon 1st Jan – closed

Services back to normal from Tuesday 2nd Jan

One25

step away from the streets

One25 reaches out to women trapped in, or vulnerable to, street sex work, supporting them to break free and build new lives away from violence, poverty and addiction.



One 25 Drop-in The Grosvenor Centre, 138a Grosvenor Road, St. Pauls, Bristol, BS2 8YA, Tel: 0117 909 8832

Normally open 12.30 to 3.30pm Mon, Tue, Weds, Fri

Open as normal 18th 19th 20th and 22nd December, then closed for Christmas and New Year.

One25 Drop-in will re-open on Tuesday 2nd January 2018 at 12.30 pm.



One25 Van goes out 9pm till 12 midnight, Monday to Friday, (out later to 1.30am on Fridays) and will be out as normal from 18th - 22nd December, with a one-off extra on Christmas Eve Sunday 24th December. (No service on 25th or 26th December). Freephone number for it: 0800 612 5125

The van will be out Weds 27th, Thurs 28th and Friday 29th December. No service on Monday Jan 1st 2018. Van will be back to normal on Tuesday January 2nd.



Rethink Mental Illness Community Services

Community Support 0117
9031805 Carers 0117
9031803

We offer 121 face-to-face, telephone support and group support to anyone over the age of 18 living with or supporting someone with a mental health problem.

The service will be closed on the 25th & 26th December and January 1st (will reopen between Christmas & New Year). Our usual office hours are Mon –Fri 9-5pm. www.rethink.org



Somerset & Avon
rape & sexual abuse support

We are closed from Mon 25 December 2017 until Monday 1 January 2018. Our usual helpline hours resume on Tuesday 2 January.

During this time, we direct people to the Rape Crisis England and Wales national helpline 0808 802 9999, open 12 noon - 2.30pm and 7 - 9.30pm every day of the year or The Bridge Sexual Assault Referral Centre for free and confidential advice 24/7, 0117 342 6999.

Childline 0800 1111 and The Samaritans 116 123 are both open for 24 hour support.

Telephone Helplines

SANE – Support for people experiencing emotional distress, their families and carers. Open 4.30pm – 10.30pm, 365 days a year. Tel **0300 304 7000**

No Panic – for people experiencing panic attack and OCD. Open 10am-10pm. 365 days a year: **0844 967 4848** Charge: 5p a minute + your access charge.

*There is another number which people can call and listen to a lovely recorded message by a woman called Margaret Hawkins (she has written books about panic). She guides you through a breathing exercise to help you reduce distress. Call **01925 680 835**.*

CALM – Campaign Against Living Miserably. **For men**. 5pm – midnight, 365 days a year: **0800 585858**

Refuge – advice on dealing with domestic violence. 24 hour helpline: **0808 2000 247**

Alcoholics Anonymous (24 hour): **0845 769 7555**

Narcotics Anonymous (24 hour): **0300 999 1212**

Samaritans – (24 hour): **116 123** “People talk to us anytime they like, in their own way - about whatever’s getting to them. You don’t have to be suicidal.”

Bristol Mental Health Crisis Team (24 hours, 365 days a year): **0300 555 0334**