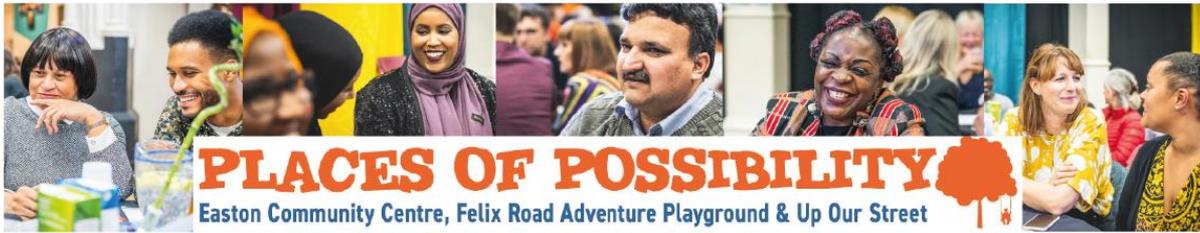


Up Our Street bulletin

We support community action in Easton and Lawrence Hill.
Our aim is to inspire, inform and motivate people to create change where they live.



Friday 24 April 2020

This weekly newsletter contains information for residents of Easton and Lawrence Hill about local support, opportunities to help and, messages from local organisations during the CORVID-19 outbreak.

HELPING EACH OTHER

Up Our Street, Easton Community Centre & Felix Road Adventure Playground

We are delivering free weekly parcels to those struggling financially or vulnerable. Please call Stacy (0781 050 6980/ stacy@upourstreet.org.uk) or Pat (07986 949 493 / pat@upourstreet.org.uk) to discuss your needs and arrange for one of our Can Do Bristol volunteers to drop a food parcel, pick up prescription, or run other essential errands. For families we have art packs created by local artists Studio Meraki <https://www.studiomeraki.org/>, to keep the children busy. Food parcel deliveries take place on a Thursday, so please get in touch before then to discuss your requirements.

Wellspring Settlement community response to covid19

Wellspring Settlement Community Support Hub is up and running full steam, providing food parcels, befriending and prescription collection all accessed through our call centre on 0117 9556 971. Lots of local volunteers are coming forward. The Family Centre is keeping in touch with families and meeting needs such as nappies, wipes and baby milk. **Help needed - the family centre need donations of arts and craft materials appropriate for young children. Please drop off any donations at the Settlement.**

In addition to the crisis services we are providing, we are also keen to do what we can to support community action and local responses. Currently we are supporting local networks, working to develop digital skill sharing forums and adapting our community organising training to be more accessible over Zoom. Any queries on this contact alexnbartonhillsettlement.org.uk or 07928 813790.

ACORN Coronavirus Community Support

ACORN Community Union is coordinating a fantastic response. Coronavirus Community Support is organising local volunteers to support people in the community who need shopping, prescription collection, post and anything else they may need if

they are stuck at home. If you need help or want to volunteer get in touch. Find out more <https://acorntheunion.org.uk/corona/>

BS5 Community Care (COVID-19 Mutual Aid)

An informal group for the BS5 Community to rally around, show solidarity and support those that need it in our neighbourhood. People offering or in need of help, you can sign up via Facebook https://www.facebook.com/groups/BS5MutualAid/learning_content/

VOSCUR Resources for those self-organising and working with volunteers

VOSCUR have put together lots of fantastic resources including; risk assessment tools, advice in different languages, data protection and more. Find out more <https://www.voscur.org/resources>

The Plough Inn, Easton Cowboys and Cowgirls sports and social club

Free food delivery service for East Bristol during the lockdown. Anyone is welcome to apply for a box - whether vulnerable, self-isolating or struggling financially due to the crisis, as well as front line staff who may be too busy to shop.

Apply here

https://docs.google.com/forms/d/1S3nSbpmmdANqkVWHfbQco0WukXSxDH6xydDgZznEK6Gc/viewform?edit_requested=true

Register your interest to volunteer here

<https://docs.google.com/forms/d/e/1FAIpQLSdSbxLpwQ0mjxUsXEoEd-E-FLDVxjBtYynhYLLhhULm4z-7cg/viewform>

Foodcycle Bristol -Food parcel delivery service, self-referral form for the vulnerable

Every Saturday, 11am to 1pm, Barton Hill Settlement

FoodCycle have changed their usual way of serving the community due to the coronavirus outbreak and will be delivering food parcels in Bristol using their amazing cycling volunteers. If you're unable to go shopping due to illness, self-isolation or other reasons due to the coronavirus, please fill out the form in the

link to sign up for a food parcel on a Saturday. Referral form link here

<https://volunteer.foodcycle.org.uk/referral>

Contact Alex Hatherly alexh@foodcycle.org.uk or Call 07377 866335.

National Food Service Bristol

National Food Service Bristol are collaborating with Super Supper Club and Baggator to provide pre-prepared meals for vulnerable people. The Food Package Helpline: 0117 325 0450. If you or someone you know needs access to food, please call the helpline now. Call any time to leave a message and a volunteer will get back to you between 10am to 6pm Monday to Friday. Delicious cooked meals delivered frozen for free anywhere in Bristol. They need volunteers - delivery people, phone line managers, qualified cooks. Please email bristol@nationalfoodservice.uk

Super Supper Club

Wed 29 April Super Supper Club takeaway and delivery service

If you fancy a FREE home cooked meal (meat or vegetarian) then get in touch.

Next week's menu includes pasta and bolognese, sausages and mash, pasta with gorgonzola and walnuts and spicy jack-fruit (vegan). They can offer delivery within Easton. If you live in wider BS5 please come along and collect your order between 6 to 7 pm at Baggator, All Hallows Road. They are also looking for volunteers to cook, help organise deliveries and deliver food. Find out more

<https://www.facebook.com/Super-Supper-Club-355560028591720/>

Can Do Bristol

The Can Do Bristol website has received over 3000 volunteer pledges so far, which demonstrates just how much of a Can Do city Bristol is. The team at Bristol City Council are now actively matching those who have pledged (and completed the registration survey) with needs across the city. Register at candobristol.co.uk today to join the growing Can Do Community. Give, Live, Love Bristol.

We Are Bristol Helpline

We Are Bristol support hotline on 0800 694 0184 open 8.30am to 5pm, Monday to Friday and 10am to 2pm Saturday, Sunday and bank holidays.

MESSAGES FROM OTHERS

Ramadan 2020

Ramadan Mubarak to our Muslim community. We wanted to share this [short film](#) produced by the Bristol Muslim Strategic Leadership Group, Bristol City Council and Avon and Somerset Police recognising the challenges of observing Ramadan during the coronavirus pandemic, and offering support to families and individuals.

Seeking your stories

The Network are seeking residents' stories for Held In Common: a new community podcast. They invite you

to send a WhatsApp voice note or give them a call with your 'silver lining story' of Covid-19! The deadline to submit a story for Episode 1 is Wednesday 29th April.

Find out more

<https://www.bartonhillsettlement.org.uk/held-in-common-podcast/>

Bristol Women's Voice

Bristol Women's Voice, like most organisations in the UK have followed the government's advice regarding social distancing and home working in response to the contagion of COVID-19. They are continuing to work albeit differently. They have set up web-based signposting to organisations in the city which support women in crisis and beyond. Find out more <https://www.bristolwomensvoice.org.uk/>

Protecting children during the lockdown

We all have a role to play in ensuring that children are protected from harm, and if you are worried about a child's safety, you can call Bristol's Children and Families Services (Monday to Friday between 8.30am to 5pm on 0117 903 6444) for advice, support, or to tell them about a child you are concerned about. If you want to speak to someone anonymously about worries you have for a child you can call the NSPCC 24 hour helpline on 0808 800 5000.

Bristol Muslim Cultural Society, Ramadan Announcement

Ramadan 2020 has been announced to start on: Friday 24 April and Saturday 25 April. As of publishing based on the lack of moon sighting the following Mosques in Bristol will begin Ramadan and fasting on Saturday 25 April; Bristol Jamia Mosque, Easton Jamia Masjid, Faizan e Madina, Greenbank Mosque, Hazrat Bilal Centre and Madani Jamia Masjid. The remainder of Mosques in Bristol will begin Ramadan and fasting on Friday 24 April. All mosques have come to their decision based on valid difference of opinion around sighting of the moon for Ramadan. BMCS ask that this is respected. For more information including safety tips for a safe Ramadan visit their Facebook page <https://www.facebook.com/BristolMuslimCulturalSociety/>

Every Mind Matters

The NHS Every Mind Matters website provides simple tips and advice for you to look after your mental health and wellbeing during this uncertain time. Find out more www.everymindmatters.co.uk

Impact of Coronavirus on businesses and organisations

Bristol City Council is carrying out a short survey of the businesses and organisations to gain a more detailed understanding of the economic impact of the COVID-19 pandemic. Any information you can provide will help inform future business support they might develop, either as a council, or with partner organisations, to work alongside that offered by the UK Government. It is important that the Council receives feedback from a range of businesses. Take the survey www.smartsurvey.co.uk/s/BCCBusinessCorona

Bristol Refugee Right crowdfunder

Many Asylum Seekers and Refugees face homelessness, destitution, isolation, exclusion and housing issues. COVID-19 has aggravated these issues further. In addition, most do not have telephones or data to contact Bristol Refugee Rights or any other services to access their basic rights or contact their support networks during lockdown. Bristol Refugee Rights need your help to continue our crucial services and provide digital tools, data and phone credit to some of the most at risk members of our community. Find out more

<https://www.crowdfunder.co.uk/brr-tech>

Financial help if you've lost your job or had a drop in your income because of COVID-19

Help available if you can't work, have been made redundant or have trouble paying your Council Tax and other bills. This useful Council webpage can direct you to the right place. Find out more

<https://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help>

Cycles for key workers

Sustrans has developed a map to help our frontline heroes cycle to and from work safely during the COVID-19 pandemic. The interactive map is designed to help key workers find bike offers and services in their area. Find out more

<https://www.sustrans.org.uk/campaigns/cycles-for-key-workers/>

Bristol rail works this weekend

If you do need to use the trains for essential travel, please note this weekend there are rail works that may affect your journey. Coach/ bus replacements: between Bristol Temple Meads and Newport/Cardiff Central (not calling at Bristol Parkway), between Bristol Parkway and Newport, between Bristol Temple Meads and Bristol Parkway and between Bristol Temple Meads and Clifton Down/Avonmouth/Severn Beach. A taxi will run between Bristol Parkway and Pilning (and back) on the Saturdays at 08.05 and 14.05. Please check before you travel.

Community Infrastructure Levy (CIL) Funding

Due to the current COVID-19 situation, the high level of unexpected expenditure and many officers being seconded to emergency work, the Council has decided to halt the CIL application process for this year. A number of local groups had submitted Stage 1 applications which are logged, but the community consultation will not now take place in June. As soon as the future is a bit more stable and normal Council work resumes, community organisations will be informed of the revised process and timescales. Local councillors for Easton and Lawrence Hill said "We are so sorry that many residents and community

organisations were involved in lengthy discussions and research to develop CIL funding bids and submitted them by the April deadline, and we appreciate the work they put into their bids. This will not be lost, and hopefully everyone understands that priorities have had to change, and we can't move forward at the moment".

ONLINE ACTIVITIES, RESOURCES AND EVENTS

All events and social gathering have been cancelled across the city, but some have moved online. Here is a list of things we've found online to entertain, pass the time and educate, as the weeks go by.

If you are sharing your skills digitally or have any great resources you've been using please email becky@upourstreet.org.uk

Studio Meraki – Art Kits

During lockdown and beyond, Studio Meraki are supporting and inspiring our local community with the creation and distribution of Art Kits to families who might be finding life particularly difficult to navigate during the COVID-19 pandemic. Working with local organisations delivering essential support, they are sending kits out to 200 families, every week for ten weeks. Focusing on simple activities, the kits are designed by local artists to inspire creativity, develop skills, and provide a welcome distraction. You can download the activities and watch online tutorials through their website.

<https://www.studiomeraki.org/art-kits>

Lockdown Lit Fest

Welcome to the Lockdown LitFest, a global literature and culture hub, born in the time of COVID-19 to bring the real-world festival experience to your home screens. It's here for these tough times and beyond, to deliver interviews, readings, masterclasses and more, whatever your age or interests. With an ever-growing schedule of new talent, old favourites and best-selling household names, they'll connect you with authors, poets, scholars, scientists, illustrators and more, slow-cooking a feast for your minds and souls.

<https://www.lockdownlitfest.com/>

Team 100, Easton – online Chat & Meet

Team 100 Easton are running a Chat & Meet on Thursday 30 April 3.30pm to 4.30pm. Everyone is welcome, it's an opportunity to have a general chat, meet Team 100 members and find out more about opportunities. Email Heidi at team100easton@gmail.com for detail about how to join the chat. The group are also looking for people who can be a 'buddy' to people who are lonely and isolated. Find out more <https://do-it.org/organisations/team100-easton>