



**Date** 23 November 2023

Dear resident,

### **Barton House – Thursday update**

I'd like to take the opportunity to tell you about some further activities and facilities on offer to Barton House residents, over the next two or three weeks.

**Children's afternoon activities:** There are now a series of children's activities, including crafts, storytelling, music therapy, poetry and games, that are taking place every afternoon at the Holiday Inn. The times are between 3pm and 6pm during the week (Monday to Friday), and between 3pm and 7pm over the weekend. These drop-in sessions are run by Horn Youth Concern and do not require any pre-booking.

**Children's stay and play mornings:** Residents and children aged under five can play together at these sessions every weekday morning (Monday to Friday). The sessions are held between 10am and 12pm. These drop-in sessions are run by Bristol City Council's Family Support team.

**Docklands Full Circle Project:** A wide range of activities are currently run as part of the Full Circle Project, these include dance for children and teenagers, Women's Yoga, coffee mornings, fitness, basketball, and table tennis. Sessions are free for Barton House residents. All activities take place at the Docklands Community Centre, 29 Brigstocke Road, St Paul's. This is only a 10-minute walk away from the Holiday Inn. Please book a place in advance by emailing [services@fullcircleproject.org.uk](mailto:services@fullcircleproject.org.uk) first and remember to make clear that you are a Barton House resident.

**Baby feeding equipment:** Food warming materials and sterilisers for baby feeding are also now available in the dining hall.

**Carpet cleaning:** Thank you to those residents who raised concerns regarding the need for carpet cleaning in some rooms at the Holiday Inn. Tomorrow afternoon, and on Monday, several carpets are due to be washed and professionally cleaned. Talk to your Housing Officer for more details for where this will be taking place.

**Additional hoovers:** An additional hoover will be kept on each floor next to security. These will be in place from Monday latest but may be available sooner.

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**Reminder for text and email alerts:** We can provide updates by text and email. Please make sure we have your contact details. You can give them to your Housing Officer, send them to [barton.house@bristol.gov.uk](mailto:barton.house@bristol.gov.uk) or call 0800 694 0184.

Many thanks for your continued patience and understanding.

Yours sincerely,



**John Smith, Interim Executive Director, Growth and Regeneration**

### **Additional support**

We appreciate that this is a stressful time for you and your families, and we are working to put in place the support you need. If you feel you need some mental health and emotional wellbeing support, there are services available to help you.

- Community Access Support Service can help you find organisations across Bristol for all groups of people and communities – [www.cassbristol.org](http://www.cassbristol.org)
- Samaritans offer support 24 hours a day, 7 days a week – call 116 123 for free.
- Shout 85258 offers confidential text support 24 hours a day, 7 days a week. Text SHOUT to 85258.
- **Family Hubs:** during the week, your local Family Hub can give you information and support about anything relating to you and your family. This includes activity groups, health and wellbeing services and parenting support. The nearest Family Hub to Barton House is the Wellspring Settlement Hub, 43 Ducie Road, Bristol, BS5 0AX. It is open from Monday to Thursday, 9am to 4.30pm, and on Friday from 9am to 1pm. You can call them on 0117 955 6971.
- **Support for mothers with babies and infants:** The Central Children’s Centre will be running “stay and play” baby groups at the Holiday Inn. Details of this will be shared in future communications. There is information above on how to book a free taxi to the Holiday Inn when needed.
- **Welcoming Spaces network:** Welcoming Spaces are still open across the city. These are free to use and open to anyone. You can use your local Welcoming Space to meet with other people, take part in activities or access support. Find your nearest on our website: [bristol.gov.uk/costofliving](http://bristol.gov.uk/costofliving).

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