



Bristol Join-Up

Bringing our community together

What is Bristol Join-Up?

Bristol Join-Up is 7 organisations working together to engage people within 6 different communities. These projects include social activities, volunteering, peer support, befriending and getting your voice heard. We are proud to be funded by The National Lottery Community Fund.





the care forum

The Care Forum

The Care Forum is the lead partner of Bristol Join-Up. The Care Forum manages resources, facilitates partnership working and promotion, supports volunteer training and reports back to The National Lottery.



Bangladeshi Bristol Women's Group

Connecting and providing social activities for Bangladeshi women, including afternoon tea, exercise classes, trips around Bristol and celebration events. We are always looking to add more activities to our schedule including pampering sessions, healthy traditional cooking and events that include grandmothers and children learning from each other whilst celebrating generations.

Asma Qadar, Secretary

M: 07838 183949

E: asmaqadar118@hotmail.com

Sabina Zillul, Chair,

M: 07889 258953

E: sab206@hotmail.co.uk

Facebook - Bangladeshi Bristol Women's Group <https://www.facebook.com/BangladeshiBristolWomansGroup/>

Bangladesh Centre, 35 Mivart Street, Easton, Bristol, BS5 6JF



Centre for Deaf and Hard of Hearing People

Centre for Deaf and Hard of Hearing People

Group sessions for people who have recently experienced hearing loss, offering support and tips on using hearing aids and connecting with others in a similar situation. We also run social coffee mornings.

T: 0117 9398653

Text / Facetime: 07749 313085

E: office@centrefordeaf.org.uk

W: <http://cfd.org.uk/>

The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ



Bristol Older People's Forum

We have completed a 'Life under Lockdown' survey to explore older people's experiences during lockdown in Bristol and produced a research bulletin on the results. We are looking to form focus groups to discuss the topics in more depth. Personal experience will be valuable and we will be looking at ways of addressing the challenges raised. This project will allow older people to influence policy and decision making.

T: 0117 927 9222

E: bopf@ageukbristol.org.uk

W: www.bopf.org.uk

Facebook - <https://www.facebook.com/Bristololderpeoplesforum/>

Canningford House, 38 Victoria Street, Bristol, BS1 6BY



Bristol Pakistani Welfare Organisation

Women's club is entirely aimed at 50+ ladies of the community of Bristol with all backgrounds. It is very important to take part in clubs and activity groups

as this can be very enriching. It helps keep the mind sharp and spirits high. Whether it's an hour spent playing Games, LUDO, Carumboard, help with memories. Spending time in physical activity like Yoga, Zumba and other physical activities. We do healthy cooking and use different organic recipes in the group.

Getting involved in activities and groups can greatly benefit well-being and reduce the risk of loneliness.

We look forward to organising trips to outdoor parks, Birmingham shopping centre and Southall shopping centre.

T: 07810457625

E: PWOrganisation@outlook.com

W: www.pwlearningcentre.co.uk



Local Friends

We aim to build the capacity of people in the local community to care for one another through volunteers from local churches and other trusted groups providing human contact, listening and basic practical support: in short, community building through pastoral care.

We currently operate in the Sea Mills area, and are seeking to extend into other parts of Bristol. You can access the service through a GP or Social Prescribing coordinator, or contact us for more details.

Paul Hazelden

T: 07495 567 608

E: paul@localfriends.org.uk

W: localfriends.org.uk



Chinese Community Wellbeing Society

We are looking to engage more Chinese students in our services, this includes volunteering opportunities, access to our helpline, support workshops and social events. We are like a family and understand how to best support the Chinese community.

T: 0117 935 1462

E: admin.bacwg@btconnect.com

Spur 8, The Vassall Centre, Gill Avenue,
Fishponds, Bristol, BS16 2QQ

The Care Forum services

As well as being the lead partner for Bristol Join-Up, The Care Forum also provides a range of other services including a social prescribing service called Ways to Wellbeing, an information and signposting service called Well Aware and advocacy support. Ways to Wellbeing is a service which helps people in Greater Fishponds to find interesting or helpful activities in their community. This could be anything from support and advice organisations, to social or activity groups. We do this by partnering people with a social prescriber to help them find the right things for them and support them to get involved in the opportunities they would like to try.

T: 0117 965 4444

W: <https://www.thecareforum.org/>

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