



the care forum



A Snapshot of year 1

7 organisations working together to engage people within 6 different communities

“Keeps me connected with my community. Gives members a sense of belonging and opens them up to great opportunities they might not have encountered if it weren’t for the group” - a Bangladeshi Bristol Women’s Group member.

We are proud to be funded by The National Lottery Community Fund

Informed
Voices &
Choices
in Health &
Social Care



In our first year...



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- **Staff and volunteers involved in Bristol Join-Up projects: 58**
- **People supported through Bristol Join-Up: 421**
- **Research participants: 250**



Bangladeshi Bristol Women's Group



- Bangladeshi Bristol Women's Group (BBWG) provides social activities and community support
- BBWG has an active [Facebook page](#) and WhatsApp group for members, where they support and provide information to members around mental and physical wellbeing, they also signpost to support services. For those not on social media, they have been doing weekly phone calls during Covid restrictions.

“The service is very welcoming and helpful. Involves me in my community. Helps me socialise”

“I like this service because this is safe way to do exercise online on zoom also love meeting live. Because of lockdown have not seen many friends. This is one way can stay connected.”

“I can meet lots of people and the social aspect is very fun. Also, I feel am giving back to my community and helping out.”

Bristol Older People's Forum



- Bristol Older People's Forum (BOPF) have completed research on Bristol older people's experiences of Covid restrictions through a survey called 'Life Under Lockdown'
- The survey was distributed online but also a hard copy was available for those that do not have online access. There was an excellent response to the survey and BOPF did a detailed analysis and produced their [research findings](#)
- This research project is now a key element of BOPF's work as they look to meet the challenges of Covid and beyond. It enables them to focus on the challenges ahead, in terms of shaping policy, influencing those who make the decisions and challenging ageism.

Centre for Deaf and Hard of Hearing People



- Centre for Deaf and Hard of Hearing People (CfD) host social online coffee mornings once a week, sending out invitations to the Bristol Deaf community. The numbers attending have steadily grown.
- They have been making contact with clients who have used their equipment service. Most of these clients were relatively new to hearing loss and so the equipment they provide add another layer of security and connection to the outside world. They have developed a script to begin discussions with their most vulnerable clients and if any issues arise, they seek to alleviate these.

“The Coffee Morning on Zoom has improved my day every Tuesday. During lockdown, I had no access to friends and I was missing them. CfD helped me to download and use Zoom and now I am able to enjoy a social life.”

“I always look forward to Tuesday’s Coffee Morning with CfD! Sometimes it’s the only time I get to communicate with others in BSL.”

“Thank you for contacting me and asking about my welfare. Not even my family has bothered to do this! Your advice was useful and I have made contact to have some support with shopping. Without you making that call, I don’t know what I would have done.”

Chinese Community Wellbeing Society (CCWS)



Also known as *Bristol and Avon Chinese Women's Group (BACWG)*

- CCWS designed a questionnaire for international Chinese students on well-being and support. The survey showed the majority of student respondents would prefer a more culturally sensitive support group or service.
- Following on from the survey, they have had a series of online sessions with Chinese students.
- Their student volunteers have distributed leaflets which give guidance on anxiety and wellbeing during this current time of Covid-19.

“The workshop themes and ideas (how to cope during lockdown, improve mental wellbeing) would benefit our students greatly...It is good to let our students know that there is a confidential safe space for those Chinese students who feel isolated during university especially with the difficulties of COVID”

Local Friends



- Local Friends has built the capacity in the local community for people to care for one another through volunteers from local churches and other trusted groups providing human contact, listening and basic practical support. They currently operate in the Sea Mills and surrounding areas.
- They have adapted during Covid times and are offering a service called 'Good Neighbours' functioning as the Sea Mills and Coombe Dingle Community Hub for the Council's *Can Do Bristol* scheme and for their Covid-19 response work, in partnership with Sea Mills Community Initiatives. They have focussed on helping people who are self-isolating.

“The service is regular and reliable and the people shopping for me have gone out of their way to make sure that they are buying the right things...They leave their bags with me until the next shop, which makes me feel that they are happy to still be there for me in a fortnight’s time. They also take a personal interest and stop for a chat on the doorstep. They are kind and caring and have even brought me flowers! It has all made me feel cared about and that they are genuinely willing to help me, at whatever risk to themselves. Big thanks! The service has done a great deal to reduce the stress of the Pandemic for me.”

“It was easy to sign up and I can fit it around work. It gave me contact with others and allows me to help people during lockdown”

Pakistani Welfare Organisation



- The Pakistani Welfare Organisation (PWO) have offered group activities and one to one support for people in Bristol
- Members of this group come from a range of nationalities including Pakistani, Indian, South African, White British, Danish and Somali. There are 7 different first languages. They strive to be inclusive of anyone who wants to access their services and they find that the range of ages allows for an intergenerational group who can offer different support and insight to each other.

“The service gives me the opportunity to meet new people and that is very important for me as I live alone”

“Makes me believe in humanity, talking to likeminded women makes me confident”





What now and next...



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- Bangladeshi Bristol Women's Group are starting an intergenerational online group
- Bristol Older People's Forum are facilitating focus groups for their 'Life and Under Lockdown' research
- We are liaising with Alive about hearing the voices of Care home staff and residents
- Centre for Deaf and Hard of Hearing People are delivering online workshops for those with recent hearing loss. They can loan people tablets, give internet connectivity and provide technological support.
- Chinese Community and Wellbeing Society are arranging socials and workshops for students. They are also providing culturally appropriate food parcels for the Chinese community.
- Local Friends are finding they are busier than ever in lockdown three with an increasing number of people wanting befriending support.
- Pakistani Welfare Organisation has started a men's social group

For our full report from our first year click [here](#)

For our leaflet click [here](#)