

[Click here to access the Student Navigator.](#) The student navigator page contains links to all the pages you will need if you are learning from home.

[Click here to access a guide to INSIGHT,](#) our student information system.

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### *IT Donations*

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Can you help? We need any unused laptops, tablets or small computers you may have, to give to your students, so they can all go to all of their lessons from home. Please drop anything into reception where it will be gratefully received. Leave your name and a contact number too, and don't forget the charger.

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### *Lateral Flow Device Tests and Self Isolating*

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We have recently received information from Public Health England (PHE) regarding a new update about the Lateral Flow Device (LFD) tests and the need to self-isolate.

Previously, if a student or member of staff tested positive using the LFD tests they would have been advised to book a confirmatory PCR test. If the result of the PCR test was positive then the student or member of staff would need to self-isolate and we would then investigate and inform any close contacts.

The new advice states that from 25<sup>th</sup> January, a Positive LFD test triggers the legal duty to immediately start self-isolating and removes the need to have a confirmatory PCR test. As an academy we would begin the process of identifying close contacts immediately, therefore reducing the chance of the virus spreading.

The change of advice from PHE is due to the prevalence of the virus being so high, and the concern that waiting for a confirmatory test result will delay the start of contact tracing. As has always been the case, if we have a positive LFD test result we will contact you and support you in the next steps that need to be taken.

Please note that when the prevalence of the virus decreases sufficiently, PHE will re-introduce confirmatory PCR testing for positive LFD results identified. We will inform you if and when this is due to happen.



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### *Increasing data allowances on mobile devices to support children and young people*

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BT working in partnership with DfE have launched [a scheme which temporarily increases data allowances](#) for mobile phone users on certain networks. This is so that children and young people can access remote education if their face-to-face education is disrupted.

Schools, trusts and local authorities can request mobile data increases for children and young people who:

- do not have fixed broadband at home
- cannot afford additional data for their devices
- are experiencing disruption to their face-to-face education

If you would like us to do this on behalf of your child, please email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk) with the following information:

1. the name of the account holder
2. the number of the mobile device
3. the mobile network of that device

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### *JCA careers blog*

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Introducing students and families to the JCA careers blog, where you can find useful information on education, training, careers, virtual career events for students and families, virtual work experience, jobs boards and biographies on education and work from our very own John Cabot team.

You'll find the careers blog under curriculum/ careers for follow the link.  
<https://johncabotacademy.clf.uk/blog/careers/>



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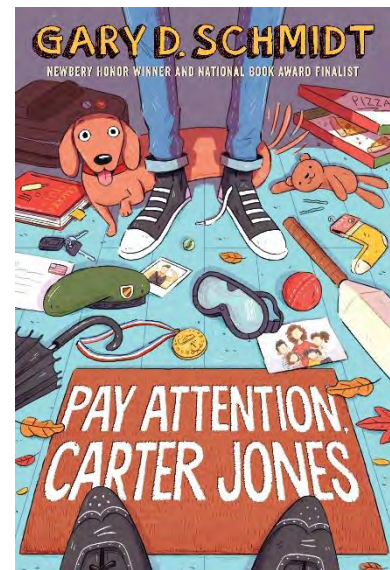
JCA Library Presents

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Book of the Week – 1/02/21

Pay Attention Carter Jones, by Gary D. Schmidt

Like a trans-Atlantic Mary Poppins, bringing cricket in place of magic, English butler Mr August Paul Bowles-Fitzpatrick arrives on the Jones family doorstep on a typically chaotic rainy school morning. Sent by a recently deceased grandfather to help the Jones, he immediately sets about bringing order to his new American family with an unflappable sense of calmness. But Carter Jones, who is struggling with his own grief and anger, resents the intrusion of this know-it-all adult who is determined to help him become a gentleman. Funny, sad, and a bit cricket-obsessed, this is a great story of resilience and family.



JCA Library: Harry Potter February



Get your wands and wizarding robes ready! As we are unable to hold our annual Harry Potter Book Night in the Library this year, we're taking our event online instead. Throughout February we will be sharing weekly creative competitions for you to take part in from home on our new Library Instagram account. At the end of the month the most magical entries from JCA students will be selected to win some great Harry Potter prizes when we all return to school. Please follow us on Instagram [@jcalibrary](https://www.instagram.com/jcalibrary) to take part.

## Free Online Reading Resources

The modern world is often filled with countless distractions and sometimes it is difficult to get our young people reading for enjoyment. However, educational research demonstrates that literacy skills are fundamental for every stage of life and can impact aspects such as success in careers and even a person's wellbeing.

Here are some recommendations which may be useful when encouraging your child to read at home:

Oak National Academy and the National Literacy Trust have set up a virtual library. A different book will be available to read online each week with some additional content from the author. But hurry! Each book is available for one week only. <https://library.thenational.academy/>

- Greenshaw Learning Trust has a tutor reading programme set up on YouTube and you can enjoy these stories, too! There are three books per year group, read over multiple short sessions. Use the following links to see what's available:
  - Y7: [https://www.youtube.com/playlist?list=PLfWw\\_AneGN0yuTC75X7vLcDwX0IBqKhwW](https://www.youtube.com/playlist?list=PLfWw_AneGN0yuTC75X7vLcDwX0IBqKhwW)
  - Y8: [https://www.youtube.com/playlist?list=PLfWw\\_AneGN0zE5pDLS4SmIPNRQBCEP\\_OW](https://www.youtube.com/playlist?list=PLfWw_AneGN0zE5pDLS4SmIPNRQBCEP_OW)
  - Y9: [https://www.youtube.com/playlist?list=PLfWw\\_AneGN0zwPv\\_HAyMH1SjjHEyTyvH](https://www.youtube.com/playlist?list=PLfWw_AneGN0zwPv_HAyMH1SjjHEyTyvH)
  - Y10: [https://www.youtube.com/playlist?list=PLfWw\\_AneGN0y6LHaXUcfvgKtIEBcMrpmQ](https://www.youtube.com/playlist?list=PLfWw_AneGN0y6LHaXUcfvgKtIEBcMrpmQ)
- The Day is an online newspaper with articles written for students. The full site requires a school subscription, but The Day Home, a daily newsletter for families is currently being offered for free to parents and guardians. <https://theday.co.uk/subscriptions/pricing>



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### *Year 7 Transition Survey*

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We have put a survey on SMHW for Year 7 students to complete. Given their transition from Primary to Secondary was significantly affected by Covid, we would love to understand their thoughts about starting Secondary school, so we can better help them and other students in the future. Please do encourage your child to fill it out.

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### *Careers Update*

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If you would like to get in touch with the careers department to discuss your young person's GCSE options, Post 16 options, employment, virtual work experience and training, please email [careersjca@clf.uk](mailto:careersjca@clf.uk).

The careers department will be uploading careers activities to Show My Homework every week, for students to explore careers through quizzes, careers inspiration events, game design, and the many websites and workshops that will be available.

#### *Fun Careers Quizzes*

This week students can explore their skills, personality traits and interests and match them to job roles using the links to various different quizzes.

#### *West of England Inspiration Fair*

Over the weekend, years 9, 10 and 11 can explore the many careers sectors, post 16 and post 18 providers, workshops and work experience opportunities through the West of England Inspiration Event, which is available throughout 2021 through Liketobe:

<https://www.liketobe.org/organisations/westofenglandcareerinspirationshownovember>.

If students in Y7 & 8 would like to use the career platform, a parent, carer or older sibling over the age of 13 will have to create an account due to Children's Online Privacy Protection Act (COPPA).

#### *Adults seeking careers advice*

For adults seeking careers advice please visit the following sites.

National Careers Service <https://nationalcareers.service.gov.uk> 0800 100 900

Future Bright <https://www.westofengland-ca.gov.uk/future-bright/>

Looking for a career change: visit Life Pilot <https://www.life-pilot.co.uk/>



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*Year 9 Options Choices*

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All information on Year 9 options and the options forms are available on the [JCA website](#).

Taster sessions for option subjects begin this week for the next three weeks - please do look out for Teams link in SMHW.

All information on how to select GCSE option subjects for year 9 can be found on the academy website at: <https://johncabotacademy.clf.uk/curriculum/year-9-option-choices/>

Taster Sessions Timetable for Year 9:

Date	Time	Subject
Mon 1 <sup>st</sup> Feb 2021	3pm-3:30pm	Drama
Tuesday 2 <sup>nd</sup> Feb 2021	3pm-3:30pm	Art / Photography
Weds 3 <sup>rd</sup> Feb 2021	3pm-3:30pm	Business Studies
Thursday 4 <sup>th</sup> Feb 2021	3pm-3:30pm	Statistics
Mon 8 <sup>th</sup> Feb	3pm-3:30pm	DT / Textiles
Tues 9 <sup>th</sup> Feb	3pm-3:30pm	Music
Weds 10 <sup>th</sup> Feb	3pm-3:30pm	Sport Science
Thursday 11 <sup>th</sup> Feb	3pm-3:30pm	Computer Science
Mon 22 <sup>nd</sup> Feb	3pm-3:30pm	Spanish
Tues 23 <sup>rd</sup> Feb	3pm-3:30pm	Hospitality & Catering
Thursday 25 <sup>th</sup> Feb	3pm-3:30pm	Health & Social Care





*School Counselling Service for Pupils*

**Cabot Learning Federation  
School Counselling Service for Pupils**

What is counselling?

How does it work?

How can it help?

Is it safe?

Is it confidential?

How do I arrange it?

How can I help?



**Information for Parents & Carers**





## **What is counselling? Is it safe?**

Counselling is an opportunity for children to talk, in confidence, to a qualified counsellor, about things that are bothering or worrying them. The aim is for the counsellor to help the child find their own solutions to problems and help them become more in charge of their life.

Our counsellors, Katie and Anna are qualified counsellors with experience of working with both young people and adults. They are members of accredited bodies (ACCPH, NCS, BACP). They hold regular meetings to discuss practices and methods, while also meet with an external supervisor to discuss their work.

## **What does a counsellor do?**

Counsellors are trained to listen in a way that makes it easy to talk to them. They listen without judging and try hard to understand how things are for a person from their point of view. This helps the person understand themselves and their feelings better, make their own choices and find their own answers.

## **Misconceptions – Counselling is NOT:**

- right for everyone
- something we can make someone do
- a quick-fix
- a miracle cure
- about getting information out of a person
- giving advice
- telling someone what to do
- pushing people into dealing with things
- forcing a person to change
- making someone 'behave'

## **How can counselling help?**

Counselling can help young people to express how they feel, rather than act-out feelings through unhelpful behaviours. It can help them solve problems for themselves, feel happier, get on better with others, and concentrate and learn in the classroom.

## **What do young people talk about in counselling?**

Young people come for counselling for all sorts of reasons. No problem is too big or small – they might talk about:

- alcohol/drugs
- anger
- anxiety
- behaviour
- being in 'care'
- bullying
- depression
- exam stress
- family relationships
- friendships
- growing-up
- hating school
- loss & bereavement
- parents breaking up
- self-harm
- self-esteem & confidence
- suicidal thoughts

## Where, when and for how long?

The counsellor sees students in a private room at school usually for 30-50 minutes each week – during the school day and in term time only. Students can come for counselling for as long as is helpful to them. They can also call-in to see the counsellor, without an appointment, during drop-in times.



## Will I be told what my child talks about?

Counselling is confidential. The counsellor won't discuss details of sessions with anyone else, including parents/carers & school staff, unless a pupil asks or agrees for this to happen. The only exception is when a pupil (or another person) is at risk of significant harm.

## Why is counselling confidential?

Keeping things private builds trust and safety for young people. It means they can be completely honest about their situation and express difficult feelings. During your child's first session, the counsellor will always explain the rules about confidentiality, and ask them to enter into a 'counselling agreement'.

Please see our Confidentiality policy. This can be found on the Academy website while paper copies can be provided on request (contact us for more information).

## Does my child have to come to counselling?

Counselling is voluntary. It's up to **your child** to decide if they come or not and they can stop coming whenever **they** want. We prefer to have your support for the work, so we always ask for your permission. We do this after a pupil has said they want to meet with the counsellor on a regular basis. Pupils may attend up to 3 sessions, throughout the year, without your permission, to use the drop-in, or use planned sessions to decide if counselling is for them.

## Can I support the counselling?

Yes. The most helpful thing you can do for your children is show acceptance of counselling as a 'normal' and useful activity and show interest if your child wishes to talk about it, without pressuring them.



## What if a child insists that parents are not involved?

The Law says a young person can access counselling **without their parents consent or against their parents' wishes** IF they understand what's involved in the process. Where a pupil refuses contact with parents/carer(s), the school will assess if the pupil is able to make their own decision. The counsellor will always encourage pupils to inform their parent/carer(s) that they are receiving counselling and will work with the pupil to help them to understand the potential benefits.

We all experience times when it feels hard to speak to those closest to us. This can be because we don't want to worry those we love or we want help thinking things through with an independent person. The counsellor will not be judging you or your child but helping your child to find a way forward.

## How do I arrange counselling for my child?

You can contact the counselling team or any member of school staff, or you can fill out a referral form, which is available for download on the school website. Please **ensure you have discussed the referral with your child before you make the referral**. School staff can also refer, while the service also accepts self-referrals from children themselves.

## Working during Covid-19

Times have changed and so how we work. We are still accepting referrals and offering counselling while schools are closed. Telephone and online therapies (phone, text or email) are available.

**What are Drop-ins?** They are 10-15 minute long sessions, which provide an opportunity for students to see the counsellor informally and unannounced, in order to address an immediate concern and/or learn more about counselling. These are currently running 09am-12pm and 1pm-3pm every Thursday. Students can text this number ([077 268 86 777](tel:07726886777)) and request a drop in session. The counsellor will treat this as first come in terms of priority. Students will then receive a text confirming a time.

We understand that it's natural for parents/carers to feel anxious about their child having counselling. If you have any questions or concerns that are not answered by this leaflet please do not hesitate to contact us at [jcainfo@clf.uk](mailto:jcainfo@clf.uk).



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*The Big String & The Big Blast 2021!*

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We are thrilled to report that The Big String will be returning in 2021, and for the first time we'd like to introduce its sister project, The Big Blast!

Scheduled as 2 days per project, these opportunities are open to young string, brass, or wind musicians from across the county, from pre-grade 1 to grade 8+, whether already involved in an ensemble or not.

In partnership with Dean Close School, and taking place at The Bacon Theatre, Cheltenham, musicians will rehearse in small, socially distanced groups, culminating in group recordings that will be blended post project to produce a mass video presentation.

Tuesday 13th & Wednesday 14th April 2021 - The Big String - for string musicians

Thursday 15th & Friday 16th April 2021 - The Big Blast - for brass & wind musicians

The generous support of Make Music Gloucestershire allows places to be offered for a fee of just £40 per student per project. Due to the nature of the projects and taking into consideration COVID regulations that may be in place at the time, PLACE ARE LIMITED!



# IT'S BACK! #thebigstring AND IT HAS A BLAST BY ITS SIDE!



## Sign-up NOW to take part in The Big String 2021 or The Big Blast 2021

Open to young string, brass or wind musicians from across the county, from pre-grade 1 to grade 8+, whether already involved in an ensemble or not.

**THE BIG STRING**  
Tuesday 13<sup>th</sup> & Wednesday 14<sup>th</sup> April  
The Bacon Theatre, Cheltenham

Join GAM's Artistic Director **Glyn Oxley** and **Carducci String Quartet** to rehearse and record Jeff Moore's Winchester Tales.

**THE BIG BLAST**  
Thursday 15<sup>th</sup> & Friday 16<sup>th</sup> April  
The Bacon Theatre, Cheltenham

Join Head of Brass at Dean Close School **Hannah Oostad**, plus an experienced team of tutors, to rehearse and record *Nautilus* by Anna Meredith.

In partnership with Dean Close School, and taking place across four days, musicians will rehearse in small, socially distanced groups, culminating in group recordings that will be blended post project to produce a mass video presentation.

To register for a place, please email [info@glosacadmusic.org](mailto:info@glosacadmusic.org) or scan the QR code below.



Music will be sent out in **February** to enable musicians to practise ahead of the event.

The generous support of **Make Music Gloucestershire** allows places to be offered for a fee of just £40 per student per project.

The closing date for applications is **Friday 26th March 2021** however **PLACES ARE LIMITED**. Please note we reserve the right to close applications early.

For further details please email [info@glosacadmusic.org](mailto:info@glosacadmusic.org) or call 01452 668592



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*Guide to Black lives matter*

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Peaceful protests, mass marches, and portrayals of violence. Petitions, political speeches, and demonstrations. 2020 saw movements advocating for an end to racial inequality on a mass scale. Perhaps race has always been a topic of regular discussion in your family, or perhaps you feel unsure about how to approach the topic of race with your family. Perhaps you grew up never talking about race, or perhaps you regularly face discrimination. This guide aims to provide resources, advice, and tips to ensure everyone is aware of racial inequality present in modern-day society, as well as to share tools and knowledge to combat racism today.

[Black Lives matter Document link](#)

See guide attached if you need a link rather than the document:

<https://yoopies.co.uk/c/press-releases/blacklivesmatter>

[A Parent's Guide to Black Lives Matter - Yoopies](#)

Black Lives Matter: A guide that aims to provide parents with resources, advice, and tips to ensure that children are aware of racial inequality, racial hierarchies, and white privilege present in modern-day society, as well as share tools and knowledge in which to combat racism today.

yoopies.co.uk





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*Supporting Parents Helpfinder*

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Answer these six questions to find out how you can support your child's mental health during the pandemic.

<https://youngminds.org.uk/supporting-parents-helpfinder/>



Supporting Parents  
Helpfinder -  
YoungMinds

Supporting Parents  
Helpfinder Answer these six  
questions to find out how  
you can support your child's  
mental health during the  
pandemic.  
[youngminds.org.uk](https://youngminds.org.uk)

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### *Mindful Emotion Coaching*

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#### **'Working with schools and communities to develop resilience and mental wellbeing'**

Mindful Emotion Coaching is about building emotional intelligence and wellness by enabling conversations about emotions behind behaviours and building understanding of the science of brain development, human interactions and mindful awareness. The main purpose of the free course is to build skills and capabilities in emotion intelligence and executive function in adult caregivers.

The course is for all of us in caring roles whether this is as a parent, guardian, carer, son, daughter or professional. Emotion Coaching is relevant to us all but may be particularly useful for those who have experienced adversity in childhood. We call the approach Mindful Emotion Coaching and Adverse Childhood Experience (ACE) awareness or MACE.

There is no requirement for any specific knowledge before taking this course other than experience of everyday life! The course will help you manage your own emotions in moments of stress in everyday life and it will enable you to manage and maintain compassion in your caring roles.

For open learning courses on mindful emotion coaching click [here](#)

\*\* many people are having problems with Internet Explorer - please use Edge, Firefox or Chrome \*\*

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### *JCA Equalities Council*

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JCA Equalities Council students in Year 7-10 have been meeting each week in lockdown, and have created a survey to ascertain the heritage of all students and staff at John Cabot Academy. They decided that it was important to use this time away from school to reflect on how we celebrate and represent all staff in the academy and in doing so would like to collect some research information from the students and staff.

Equalities council have created a survey designed to collate information on our diverse student and staff population. This information will then be used, initially to ensure that a flag representing each student/staff's heritage is displayed in our school. In addition, the information will be used to help JCA Equalities Council to plan the first exploration of different cultures on our 'Culture Day' in Term 6.

Thanks to Alassan Singhateh (Y8), Ahlam Yusef (Y10) & Sarah Abdulahi (Y10) for creating the form with Miss Grierson.

Students and Staff can complete the form by following the link in their email inbox.



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### *PE at John Cabot*

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PE at John Cabot has changed. As of 25th January, we have been able to set a lot more practical activity time which I'm really excited about. The need for physical activity to allow mental and physical benefits are now more important than ever. Previous lessons taught some theory in a live lesson, a Joe Wicks video and finally a quiz to test understanding. However, we felt that this system (although providing consistency across all subjects) led to too much screen time where we should be physically active instead.

The new system puts trust in students and to treat them like adults. In their 'Teams' class channel is a tab at the top labelled 'assignments'. In this tab is a video of explanation, a PowerPoint with loads of practical suggestions to inspire them and finally an activity log. Essentially in their PE time they can choose any type of physical activity. Instead of just Joe Wicks we have made a bingo type card with loads of activities on (Joe wicks is still on there if they liked it). We want students to spend their PE lesson doing PE things... so go for a run, make up a circuit, ride a bike, set up some skill drills for their favourite sport, Tik Tok it up and dance for an hour.... it can be anything as long as they are exercising and enjoying it.

Once students have chosen and completed whatever they do, they fill in the 4 questions on the 'word' activity log document saying what they did and their heart rates and submit on teams (it should take less than 2 minutes giving as much time for practical as possible). A teacher will read and feedback to EVERY activity log from every student at JCA every week. So far in week one, examples of activities have been a cycle ride to bath and back, 5K run, several students made up fantastic circuits using what they had and the space at home, one student tried yoga for the first time and loved it and finally one student even asked permission and arranged to go horse riding!

Students want to be treated like adults, here is a fantastic opportunity to use freedom to exercise how the student wants to and not be directed to an exercise video only.

We hope students will like the new structure, we are looking forward to reading what they choose to do. As parents, please encourage them to complete the activity log and importantly record what they do on the activity log in 'Teams' so we can see what they are doing and know the system is working. We hope everyone takes this opportunity and is proactive in doing things in their assigned PE lesson. Physical activity has so many benefits now more than ever we need time for ourselves, to take a few minutes to clear the head, exercise and feel better for it.

The PE team



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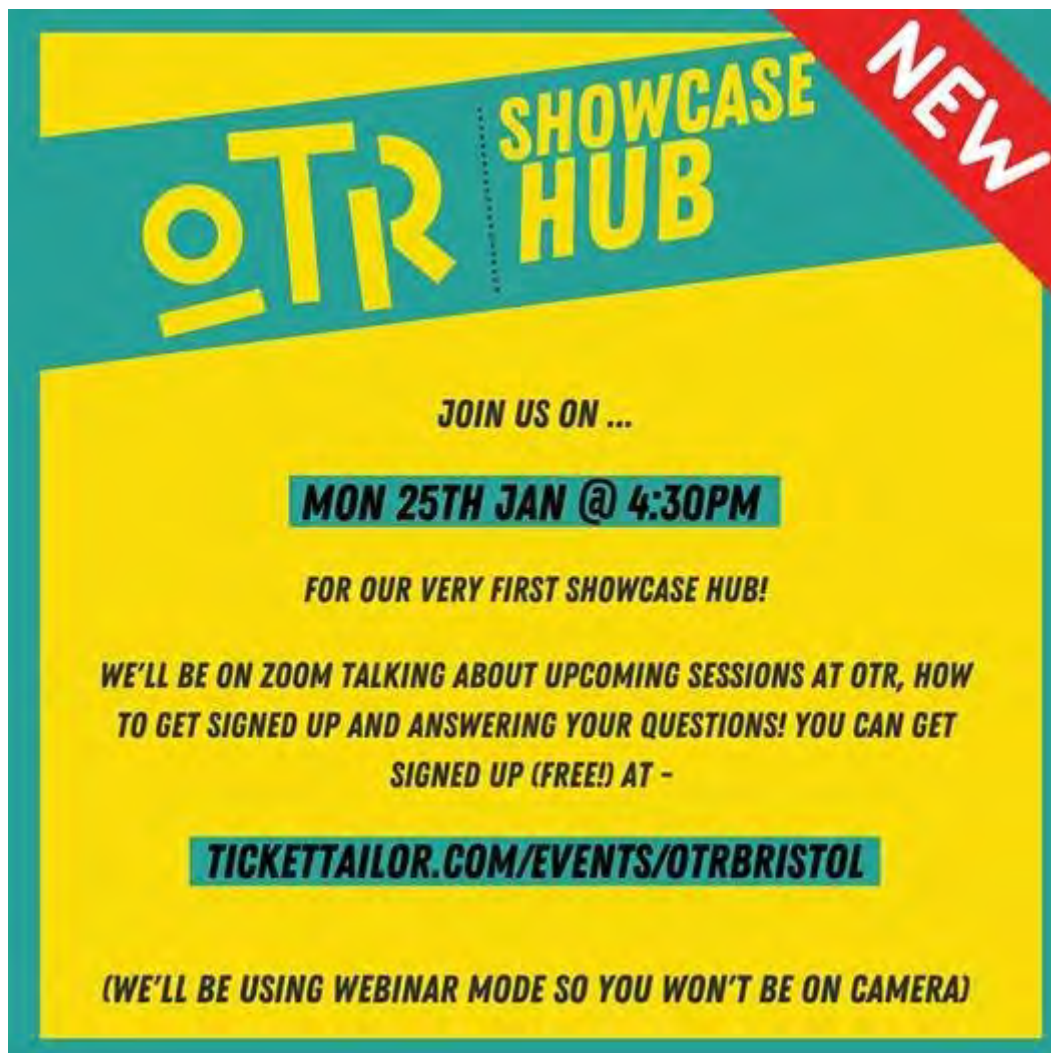
*Off The Record Showcase Hub*

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Off The Record (OTR) is an organisation that provides support for Young People who are struggling with their mental health.

OTR have put together a display of their many and diverse services so that Young People could find something that suits their needs- be it mental health, a boost in mood or self-confidence or even some simple yet handy distraction.

A Showcase hub is scheduled for Mondays at 4.30pm (info picture here below and attached).



**OTR SHOWCASE HUB** **NEW**

**JOIN US ON ...**

**MON 25TH JAN @ 4:30PM**

**FOR OUR VERY FIRST SHOWCASE HUB!**

**WE'LL BE ON ZOOM TALKING ABOUT UPCOMING SESSIONS AT OTR, HOW TO GET SIGNED UP AND ANSWERING YOUR QUESTIONS! YOU CAN GET SIGNED UP (FREE!) AT -**

**TICKETTAILOR.COM/EVENTS/OTRBRISTOL**

**(WE'LL BE USING WEBINAR MODE SO YOU WON'T BE ON CAMERA)**





Jan 2021



Welcome to the first OTR Schools Newsletter!

We hope this will be a useful resource to keep you up to date with what we're doing at OTR and remind you how your students can sign up.

2021 hasn't started as well as we all might have hoped, with a third lockdown brought in and a return to online learning for many students. Despite the ongoing situation with COVID-19, [all of our projects continue to run as normal over video call](#), so young people can carry on accessing our services.



Visit [otrbristol.org.uk/2021/01/covid-update](https://otrbristol.org.uk/2021/01/covid-update) to find out more about how we are responding to the current lockdown.

## WHO ARE WE?

Off The Record is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. We offer a number of projects, including 1:1 and group work, to promote good mental health and wellbeing and empower young people to support themselves and their communities.

OTR is self-referral! **Young people can sign up themselves through our website**, and we respect their rights to choice, consent, confidentiality and to make complaints.



[youtube.com/watch?v=UB4-f500YII](https://youtube.com/watch?v=UB4-f500YII)



# PROJECT UPDATES

## The Zazi Library

View at: [otrbristol.org.uk/zazi](http://otrbristol.org.uk/zazi)

Our Project Zazi have put together a collection of insightful resources around Black, Asian and Minority Ethnic history, culture and health - including books, interviews and YouTube channels accessible to young people, parents and also professionals. Check out their library to educate yourself and your students on issues such as racism, migration, white privilege and more.



## Therapeutic Groups

**Age range: 11-17 | Sign up: [otrbristol.org.uk](http://otrbristol.org.uk)**

We've announced new course dates for two of our therapeutic groups! These six week courses provide a safe space for young people to understand how they're feeling and learn new coping strategies.

**hArmed - starts Wed 24th February (4:30-5:45pm)**

A course for young people who are self-harming or experiencing thoughts of self-harming.

**Shameless - starts Mon 22nd February (4:30-5:45pm)**

A space for young people affected by issues related to body image and self-esteem.

There is no pressure for young people to talk or have their camera/microphone on during our groups.

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## Peer Mentoring

**Age range: 14-22 | Sign up: [otrbristol.org.uk/mentoring](http://otrbristol.org.uk/mentoring)**

We are continuing to offer online peer mentoring! This service matches young people up with a peer mentor, who will help them develop new skills and set goals. The focus isn't on talking about emotions but on learning together and sharing skills.

Mentoring can be helpful for young people who are feeling lonely or socially-isolated, and can be carried out by either text, video call or email. We continue to have good availability within our mentoring service, with young people being matched within a couple of weeks!



# OTR SHOWCASE HUB

**For: Everyone! | Sign up: [tickettailor.com/events/otrbristol](https://tickettailor.com/events/otrbristol)**

We've created the Showcase Hub - an interactive space for you to find out more about support available at OTR.

The Showcase Hub is a series of fortnightly webinars where we'll be talking all about what projects we're running, taking you through the website, and answering your questions.

Everyone's welcome - young people, parents, professionals, and anyone who would like to know more about what we do. And as we'll be using Zoom's webinar mode, you don't have to worry about being on camera!

Keep checking back to our Ticket Tailor page for new dates and to register!



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OTRBRISTOL.ORG.UK**

**CONTACT US WITH ANY QUESTIONS!  
0808 808 9120 | HELLO@OTRBRISTOL.ORG.UK**

