



## July 2025 Family Help Bulletin - Part 1

# Information and Support for Families, Parents/Carers and Young People

Hello and welcome to the July information and Services Bulletin from the North Bristol Family Help team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

**Part 1 – Information and Support for Families, Parents / Carers and Young People**

**Part 2 – Information and Support for Practitioners**

Please note that the information here is being shared by Family Help but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Family Help hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

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# Information and services for children and young people

## Oasis Hub Summer Holiday Programme

**Week 1/6**




# OASIS Hub SUMMER HOLIDAY PROGRAMME

<b>Wednesday 23rd July</b>	Extended Play Session at Avonmouth Community Centre, 10:30am-2:30pm
<b>Thursday 24<sup>th</sup> July</b>	Youth: Sports, Cooking, and Crafts at the Rock Community Centre, 3:30-5:30pm*
<b>Friday 25<sup>th</sup> July</b>	Kayaking with Young Bristol at Pools Wharf Activity Centre, 8:30am-12:30pm*

**\*\*FREE for children 8+ in receipt of benefit related FSMs\*\* if your child does not receive FSMs please contact us before booking and we'll do our best to help!**

Starts: Wednesday 23rd July. Ends Friday 29th August. Sessions marked with a \* are accessible by sign-up only <https://shorturl.at/UsEP6>. All activities are subject to change or cancellation. Lunch & transport provided. Contact Jordon on 07352 336914 for more info or email [North.Bristol@oasisuk.org](mailto:North.Bristol@oasisuk.org). Please note places are not guaranteed unless confirmed. Please cancel activities ASAP if you can no longer attend.





Sign up here- [Search learning experiences](#) · [Eqgu](#)

Week 2/6



# OASIS Hub Summer Holiday PROGRAMME

**Monday  
28<sup>th</sup> July**

Summer Adventure Camp to Cwmffrwd Farm in the Black Mountains. 9am meet\*

**Tuesday  
29<sup>th</sup> July**

Summer Adventure Camp at Cwmffrwd Farm in the Black Mountains. Day two\*

**Wednesday  
30<sup>th</sup> July**

Summer Adventure Camp at Cwmffrwd Farm in the Black Mountains (Return to Bristol 1:30pm)\*

**Thursday  
31st July**

Youth: Sports, Cooking, and Crafts at the Rock Community Centre, 3:30-5:30pm\*

**Friday  
1st August**

Snow Sports with Mendip Outdoor Pursuits, 10:00am-1:30pm\*

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Sign up here- [Search learning experiences · Eegu](#)

Week 3/6



# OASIS Hub Summer Holiday PROGRAMME

<b>Monday 4th August</b>	Evening Roller-skating Disco at Shirehampton Public Hall, 5:30-8:00pm*
<b>Tuesday 5th July</b>	Family 'Farmers Day Out' at Chew Magna Farm with The Children's Kitchen, 9:45am-3:30pm*
<b>Wednesday 6th August</b>	Trip to Bristol Play Day with Food Out at the Ardagh Community Centre, 11:00am-3:30pm*
<b>Thursday 7th August</b>	From 'Scratch' Cooking Workshop at Ambition House, 10:00am-12:30pm*
<b>Thursday 7th August</b>	Youth: Sports, Cooking, and Crafts at the Rock Community Centre, 3:30-5:30pm*
<b>Friday 8th August</b>	Indoor 'Crazy Climb' Rock Climbing Experience with Redpoint Bristol, 9:15am-12:15pm*

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Starts: Wednesday 23rd July. Ends Friday 29th August. Sessions marked with a \* are accessible by sign-up only <https://shorturl.at/UsEP6>. All activities are subject to change or cancellation. Lunch & transport provided. Contact Jordon on 07352 336914 for more info or email [North.Bristol@oasisuk.org](mailto:North.Bristol@oasisuk.org). Please note places are not guaranteed unless confirmed. Please cancel activities ASAP if you can no longer attend.

Sign up here- [Search learning experiences](#) · [Equu](#)

Week 4/6



# OASIS

## Hub Summer Holiday

### PROGRAMME

<b>Monday</b> <b>11th August</b>	Evening Roller-skating Disco at Shirehampton Public Hall, 5:30-8:00pm*
<b>Tuesday</b> <b>12th August</b>	Young Women's/Girl's Group, Date and Time to be Confirmed Nearer the Time*
<b>Wednesday</b> <b>13th August</b>	Extended Play Session at Avonmouth Community Centre, 10:30am-2:30pm
<b>Thursday</b> <b>14th August</b>	From 'Scratch' Cooking Workshop with ALW at Ambition House 10:00am - 12:30pm*
<b>Thursday</b> <b>14th August</b>	Graffiti Spray Painting and Paint Art Session with Ola's Art (TBC), 4:00-6:30pm*
<b>Friday</b> <b>15th August</b>	Trip to 'The WildPlace' (Bristol Zoo Project) 10:00am-3:30pm*

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Sign up here- [Search learning experiences](#) · [Eegu](#)

Week 5/6



# OASIS

## Hub Summer Holiday

### PROGRAMME

**Monday**  
**18<sup>th</sup> August**

Staff Rest Day - No Sessions Scheduled

**Tuesday**  
**19<sup>th</sup> August**

Young Mens/Boys Group, Date and Time to be Confirmed Nearer the Time\*

**Wednesday**  
**20<sup>th</sup> August**

Extended Play Session at Avonmouth Community Centre, 10:30am-2:30pm

**Thursday**  
**21st August**

Youth: Sports, Cooking, and Crafts at the Rock Community Centre, 3:30-5:30pm\*

**Friday**  
**22nd August**

Crazy Golf and Food with ALW at Mulligans Cribbs Causeway, 10:30am-2:30pm

**\*\*FREE for children 8+ in receipt of benefit related FSMs\*\* if your child does not receive FSMs please contact us before booking and we'll do our best to help!**

Starts: Wednesday 23rd July. Ends Friday 29th August. Sessions marked with a \* are accessible by sign-up only <https://shorturl.at/UsEP6>. All activities are subject to change or cancellation. Lunch & transport provided. Contact Jordon on 07352 336914 for more info or email [North.Bristol@oasisuk.org](mailto:North.Bristol@oasisuk.org). Please note places are not guaranteed unless confirmed. Please cancel activities ASAP if you can no longer attend.

Sign up here- [Search learning experiences](#) · [Eegu](#)

Week 6/6



# OASIS

## Hub Summer Holiday

### PROGRAMME

<b>Monday</b> <b>25<sup>th</sup> August</b>	Bank Holiday Monday - No Sessions Scheduled
<b>Tuesday</b> <b>26<sup>th</sup> August</b>	Dodgeball with James from Dodgeball England (TBC), 10:30am-1:00pm
<b>Wednesday</b> <b>27<sup>th</sup> August</b>	Extended Play Session at Avonmouth Community Centre, 10:30am-2:30pm
<b>Thursday</b> <b>28<sup>th</sup> August</b>	Youth: Sports, Cooking, and Crafts at the Rock Community Centre, 3:30-5:30pm*
<b>Friday</b> <b>29<sup>th</sup> August</b>	Mega Laser Quest Event at Teamsport Avonmouth, 9:30am-12:30pm

**\*\*FREE for children 8+ in receipt of benefit related FSMs\*\* if your child does not receive FSMs please contact us before booking and we'll do our best to help!**

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Sign up here- [Search learning experiences](#) · [Eegu](#)

## Autism Central: 1-1 Support Service



# 1-1 Support Service for South West.

Book a 1-1 support session with our wrap around coordinators for families and carers of autistic people that are struggling to access education or support. **This is an opportunity to talk to one of our team who can provide support and signposting to further information.**



[www.autismcentral.org.uk/southwest](http://www.autismcentral.org.uk/southwest)

Autism Central is funded by:



Autism Central is delivered in South West England by:



*"It's incredibly valuable to have someone to talk to one-to-one, who understands and can listen and offer advice. Thank you."*

Beezee families



## Looking for free rainy day activities?



The summer holidays are just around the corner and while we're hoping for more sunshine, you never know. Looking for ways to get the kids moving more and using screens less? We're here to help! Check out our rainy day activities.



Our **FREE** healthy lifestyle programme, **Beezee Families**, can help you get moving, find tasty recipes, and have fun no matter the weather!

Scan the code to sign up today

...or click here to get started



bri.maximusuk.co.uk

Get a **FREE** summer activity pack



Find out more on our website

Make an indoor obstacle course



Have a dance party



Host an indoor picnic



Play sink or float



Find a see-through container, fill with water and get experimenting!

Try a new healthy recipe



Write a play and perform it



Go on a puddle walk



Don't forget the wellies!



\*Our courses are designed for families with children aged 5 and up. 25-4434

Summer Camp: Basketball



# SUMMER CAMPS 2025

Open to boys and girls of all abilities aged 12 to 16

Looking for an active, fun, and rewarding way to keep your child busy this summer? Join us at RG Basketball Development's Summer Camps.

With expert coaching, exciting games, and a positive environment, your child will build skills, confidence, and friendships that last beyond the summer.

*Spaces limited use the QR to BOOK NOW!*

**£37 PER DAY**

**LUNCH INCLUDED**

**W/C:**  
**July 28<sup>th</sup>**  
**August 4<sup>th</sup>**  
**August 11<sup>th</sup>**  
**August 18<sup>th</sup>**

**MONDAY TO FRIDAY**  
**9AM TO 4PM**



 **City Academy**  
**Redfield, BS5 9JH**

 *@rg\_basketball*



## Nacoa



Providing information, advice and support  
for everyone affected by a parent's drinking

FREE Helpline 0800 358 3456  
helpline@nacoa.org.uk

Patrons: Tony Adams MBE • Rt Hon Jonathan Ashworth • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell Geraldine James OBE • Sophie K Cherie Lunghi • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW  
Camilla ~~Taminey~~ • David Yelland

### **Nacoa (National Association for Children of Alcoholics)**

Nacoa (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of **all** ages, many whose problems only become apparent in adulthood.

Nacoa's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacoa's **free, confidential telephone (0800 358 3456)** and **email helpline (helpline@nacoa.org.uk)** is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences ([www.nacoa.org.uk](http://www.nacoa.org.uk)), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected



**Free Helpline: 0800 358 3456**  
[helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)



@NacoaUK

## Bristol Libraries: Opening Hours

### Bristol Libraries – opening hours

From 11 November 2024

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze Collection Point**	n/a	9-4	9-4	9-4	10.30-4	9-3	CLOSED	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-4.30	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Stockwood Extended Access*	0117 9038546	8-1 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	1-5
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

For further details of available services, please visit [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

\*Extended Access times are unstaffed. Please ask at the library for details of how to apply to join the Extended Access scheme.

\*\* Lockleaze Collection Point is only open for returns and reservations collection



## Bristol Libraries: Summer Reading Challenge



Get ready for Story Garden! Arriving in Libraries and online this summer!

The theme for this year, illustrated by Dapo Adeola, celebrates fantasy and storytelling through nature. We'll be inspiring children to tap into a world of imagination through reading.

The challenge begins in libraries from Saturday 5 July to Sat 6 Sept. Children can also take part online!

### How to take part

Children can join at the library and pick up a Summer Reading Challenge folder or do the digital challenge online or they can do both!

To take part in the library, simply pick up a free folder, collect stickers and then read 6 library books. At the end the reward is a brilliant Summer Reading Challenge medal!

To take part online go to [summerreadingchallenge.org.uk/](https://summerreadingchallenge.org.uk/) where children create their own profile with the assistance of an adult. They set their own reading goals and can read any books they choose! Children are encouraged to read library books, digital eBooks and listen to eAudio books. Each time they finish a book; they add it to their profile and write a review.

### Rewards and Incentives

Children are rewarded with stickers and a medal & certificate if they take part in the library.

Online, the rewards are fun digital activities and incentives along the way, with online badges and games. When they complete the challenge online, they receive a downloadable certificate.

### Benefits of the Summer Reading Challenge

Children who take part maintain reading confidence levels over the summer and are more enthusiastic about books and reading.

It keeps children actively reading over the summer, supporting the transition between year groups and stages. The programme offers something fun & FREE to do together for your children, families and communities.

### Accessing Books and Joining the Library

Please check here for more details: <https://www.bristol.gov.uk/libraries-archives>

We also offer [e books](#) and [e audio books](#) for free with your library membership card! If you're not already a library member, joining is easy and free, just [click here to join the library](#).

### Support us

Promote the Summer Reading Challenge in your school and share on your social media channels. Instagram [BristolLibraries](#) and Facebook [Bristol Libraries](#).

OTR: The Resilience Lab

# The Resilience Lab



## TEENS 11-16 SUMMER 2025

Learn how to balance your feelings  
and build resilience

**WEEK 1: WEDNESDAY 9 JULY, 4-5PM**

**WEEK 2: WEDNESDAY 16 JULY, 4-5PM**

**WEEK 3: WEDNESDAY 23 JULY, 4-5PM**

**WEEK 4: WEDNESDAY 30 JULY, 4-5PM**

**WEEK 5: WEDNESDAY 6 AUGUST, 4-5PM**



**LOCATION: ONLINE (ZOOM)**



Sign Up

<https://otrbristol.typeform.com/teensignup>

# The Resilience Lab



## YOUNG ADULTS 16-25 SUMMER 2025

Learn how to balance your feelings  
and build resilience

**WEEK 1: TUESDAY 8 JULY, 4-5PM**

**WEEK 2: TUESDAY 15 JULY, 4-5PM**

**WEEK 3: TUESDAY 22 JULY, 4-5PM**

**WEEK 4: TUESDAY 29 JULY, 4-5PM**

**WEEK 5: TUESDAY 5 AUGUST, 4-5PM**



**LOCATION: ONLINE (ZOOM)**



Sign Up

<https://otrbristol.typeform.com/YAsignup>

## Children's Scrapstore: Open Access Play Sessions



**PLAY RANGER** **OPEN ACCESS Play Sessions**

Led by Children's Scrapstore with LPW and WeCIL

**What is open access?** Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children aged 8 and over can come on their own if they are allowed out unsupervised. Under 8's need to have an adult with them.

**WE BRING THE KIT, YOU LEAD THE PLAY!**

**EVERY MONDAY**  
**Term time: 3:30pm - 5:30pm**  
**Green space outside Oldbury Court Children's Centre, BS16 2QS**  
**Half Term Holidays\*:**  
**11:30am - 1:30pm**  
**Easter / Summer Holidays\*:**  
**10:30am - 2:30pm**

Get **creative and imaginative** at these regular play sessions aimed at young people, **age 8 and over**.  
Expect arts and crafts, sports kit, construction materials and much more!  
**No booking required**

**FREE** contact: [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
facebook page: Children's Scrapstore Play Rangers  
charity no. 1008788

\*Except bank holidays.  
Funded lunch for children provided in holiday sessions

Children's Scrapstore WESTER PLAY & YOUTH (WESY) EBCC LPW WE CIL Supporting Independent Living

Children's Scrapstore: Outdoor Play Sessions (Sea Mills)



**PLAY RANGERS** **SUMMER HOLIDAY**  
**PLAY, HANG OUT & HAVE LUNCH**

**FREE** **Outdoor play sessions**  
11.30am - 3.30pm  
**Hot lunch for children** 

Wednesday 23<sup>rd</sup> July  
Wednesday 30<sup>th</sup> July  
No session 6<sup>th</sup> August - Playday @ The Ardagh  
Wednesday 13<sup>th</sup> August  
Wednesday 20<sup>th</sup> August  
Wednesday 27<sup>th</sup> August

**We bring lots of play to the green space:**  
Sea Mills Recreation Ground, St Edyth's Rd, BS9



Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.

Led by:   
Funded by:   

 [childrensscrapstoreplayrangers](https://www.facebook.com/childrensscrapstoreplayrangers) 

No need to book, just come along whenever

Children's Scrapstore: Outdoor Play Sessions (Lawrence Weston)



# SUMMER HOLIDAY

## PLAY, HANG OUT & HAVE LUNCH



**FREE**

### Outdoor play sessions

Lawrence Weston

10.30 - 2.30pm

Hot lunch for children 

### We bring lots of play to the green spaces

By the BMX track:	Beverston Gardens:
Tuesday 29 <sup>th</sup> July	Thursday 24 <sup>th</sup> July
Tuesday 5 <sup>th</sup> August	Thursday 31 <sup>st</sup> July
Tuesday 12 <sup>th</sup> August	Thursday 7 <sup>th</sup> August
Tuesday 19 <sup>th</sup> August	Thursday 14 <sup>th</sup> August
Tuesday 26 <sup>th</sup> August	Thursday 21 <sup>st</sup> August
	Thursday 28 <sup>th</sup> August





Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.

Led by:



Funders include:



 [childrensscrapstoreplayrangers](https://www.facebook.com/childrensscrapstoreplayrangers)

No need to book, just come along whenever

Children's Scrapstore: Bristol Playday



Children's Scrapstore: Summer Holidays



The poster features a white background with a blue wave at the bottom. At the top left is a blue handprint icon, and at the top right is a yellow sun icon. The logo 'Children's Scrapstore' is in the top center, with 'Children's' in red and 'Scrapstore' in blue. The main title 'Summer Holidays' is in large pink letters, followed by 'at Children's Scrapstore' in smaller pink letters. Below this is a blue text block: 'Join us this Summer for a range of playful, creative child-led sessions!'. A pink text block follows: 'Let your creativity shine using our sustainable scrap materials in these activities including; Scrap Monsters, Puppets, Fidget Toys, Bug Hotels, Dinosaurs, Pirates, Mini Worlds and much, much more!'. A large QR code is centered below the text. To the left of the QR code is a pink paper boat icon, and to the right is a pink handprint icon. Below the QR code is a blue text block: 'Find out more and start booking your scraptastic summer now through the QR code.' At the bottom is a photograph of five children: a boy holding a rocket, a girl with a dinosaur, a girl with a puppet, a girl with a monster, and a boy with a telescope. A pink banner at the very bottom contains the address and contact information.

**Children's Scrapstore**

# Summer Holidays

## at Children's Scrapstore

Join us this Summer for a range of playful, creative child-led sessions!

Let your creativity shine using our sustainable scrap materials in these activities including; Scrap Monsters, Puppets, Fidget Toys, Bug Hotels, Dinosaurs, Pirates, Mini Worlds and much, much more!




Find out more and start booking your scraptastic summer now through the QR code.

**Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB**  
[www.childrensscrapstore.co.uk](http://www.childrensscrapstore.co.uk) 01179085644 Charity No: 1008788

Family Hubs: Family Nature Walk (July)




**Bristol Family Hubs** 

# FAMILY NATURE WALK

## IN BADOCK'S WOOD

WEDNESDAY 30TH JULY  
10.30AM - 12PM


**SUMMER HAS ARRIVED!**  
Free fun activity for the whole family  
with an accessible route

Meeting at:  
Southmead Children's Centre  
Finishing point:  
The Greenway Centre -  
and receive a free drink 

All ages welcome but  
children must  
be accompanied by an  
adult

**Book your slot by contacting**  
[north.navigators@bristol.gov.uk](mailto:north.navigators@bristol.gov.uk)  
Bring a picnic or buy a tasty lunch at  
Café Des Amis and have your lunch in The  
Greenway Centre's new community garden

Family Hubs: Family Nature Walk (August)

**Bristol Family Hubs**  SOUTHMEAD DEVELOPMENT TRUST

# FAMILY NATURE WALK

## IN BADOCK'S WOOD

TUESDAY 19TH AUGUST  
10.30AM - 12PM

**SUMMER HAS ARRIVED!**  
Free fun activity for the whole family with an accessible route

Meeting at:  
Southmead Children's Centre  
Finishing point:  
The Greenway Centre - and receive a free drink

All ages welcome but children must be accompanied by an adult

**Book your slot by contacting**  
[north.navigators@bristol.gov.uk](mailto:north.navigators@bristol.gov.uk)  
Bring a picnic or buy a tasty lunch at Café Des Amis and have your lunch in The Greenway Centre's new community garden

## Family Hubs: Bristol Holiday Programme

**Bristol Family Hubs**

Do you have school-aged children eligible for benefits-related free school meals?

If so, Bristol's holiday programme Your Holiday Hub offers free activities and nutritious meals.

Book via the website: [www.eequ.org/bristolyourholidayhub](http://www.eequ.org/bristolyourholidayhub)  
If you would like support booking your children into summer sessions Family Hub Navigators are here to help.

Come along a Your Holiday Hub support session.

**Wednesday 2<sup>nd</sup> July and Thursday 10<sup>th</sup> July**  
**9.00am - 11.00am**  
**The Community Hub, Badock's Wood Primary School.**  
Entrance is through the main gate to the woods on Doncaster Road.  
The Community Hub gate can be found on the right.

Please contact:  
[north.navigators@bristol.gov.uk](mailto:north.navigators@bristol.gov.uk)  
if you would like more information.

**Your Holiday HUB**  
Bristol

## Filton Avenue Nursery



# Are you looking for an outstanding nursery place for your child?

We are a pre-school nursery setting, serving the Horfield, Lockleaze, Ashley Down and Filton communities of North Bristol and we offer term time educational provision including day care.

- Places for 2-, 3-, & 4-year-olds
- Morning, afternoon, or 2-day options, as well as 30-hours places per week
- Additional paid childcare available
- Outstanding teaching and learning from qualified teachers and highly experienced staff



"The teaching, learning and care observed was of a very high quality. At such an early stage in the term all the children were settled, happy and working purposefully in a harmonious learning community."

- Her Majestys Inspector

"I was nervous about him starting nursery but all staff have made it a breeze couldn't be happier with how he is getting on."

- Parent/Carer



Filton Avenue Nursery School, Blakeney Road,  
Bristol, BS7 0DL

0117 3772680

[filtonavenue.org](http://filtonavenue.org)



## King's Trust: Get Started in Nature



# GET STARTED WITH NATURE

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in nature.

Find out more via webchat at:  
[kingstrust.org.uk](https://kingstrust.org.uk) or email:  
[outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)



### ON THIS COURSE YOU'LL:

- Learn about conservation and how wildlife and people can thrive together
- Understand the effects animals and nature have on our wellbeing
- Find out about different roles in conservation
- Get support for up to six 1-1s post-programme

### DATES FOR YOUR DIARY:

Taster day: Wed 16th July 2025

Course dates: Mon 21st - Fri 25th July 2025

Express interest by: Fri 11th July 2025

Location: Bristol

Eligibility criteria: 16-30 years old



CrimeStoppers: Money Laundering



# Easy money could be too good to be true.

Young people can be caught up in money laundering schemes by organised criminals who use their bank accounts to move dirty money.

If you suspect someone is trapped in a money laundering scheme, tell our charity, 100% Anonymously. Always.

**crimestoppers-uk.org**

Crimestoppers Trust, registered charity in England & Wales (1108687).

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

North Bristol Children's Centre: Summer 2025 Timetable

**nbcc**  
north bristol children's centres

**SUMMER 2025**

	Tuesday	Wednesday	Thursday	Friday
<b>Filton Avenue</b> Blakeney Road, Horfield, B57 0DL	<b>Horfield Baptist Church Baby Hub</b> For families with children under 5 10am– 11:45am An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development. Location: Horfield Baptist Church, 160a Gloucester Road. Tel: 0300 125 6278	<b>Outdoor Family Fun Session</b> 10am- 11:30am Outdoor drop-in for fun family activities and more. Aimed at ages 0-5 years, with older siblings (up to age 8) welcome.	<b>Baby Hub</b> For families with children under 5 9:30am– 11:30am An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	
<b>Southmead</b> Doncaster Road, Southmead, B510 5PW	<b>Scan to register for parenting programmes</b> 	<b>Welcome to the World</b> 9:30am– 11:30am 30 <sup>th</sup> July to 27 <sup>th</sup> August 5 week antenatal course for expectant parents from third trimester onward. Book here	<b>Baby Hub</b> For families with children under 5 9:30am– 11:15am An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.	<b>Family Fun Session</b> 10am– 11:30am Drop-in for fun family activities and more. Aimed at ages 0-5 with older siblings (up to age 8) welcome.
	<b>Infant Feeding Group</b> 12:30pm– 2pm A supportive drop-in session to support with feeding your baby.		<b>Early Birds</b> 1pm – 2:30pm 24 <sup>th</sup> July, 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> August Join us if you have a non-mobile baby who was born prematurely or spent time in special care after birth.	
			<b>Antenatal Group Hello Baby</b> 1:30pm – 3:30pm Please book via <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a>	

<p><b>Long Cross</b> Long Cross, Lawrence Weston, BS11 0LP</p>	<p><b>Baby Hub</b> For families with children under 5 <b>9am– 11am</b> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.</p>		<p><b>Family Fun Session</b> 10am– 11:30am Drop-in for fun family activities and more. Aimed at ages 0-5 with older siblings (up to age 8) welcome.</p> <p><b>Antenatal Group</b> <b>Hello Baby</b> 2pm – 4pm Please book via <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a></p>	<p>Booking Required</p>
<p><b>Sea Mills</b> Riverleaze, Sea Mills, BS9 2HL</p>	<p><b>Baby Hub</b> For families with children under 5 <b>9am– 11am</b> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.</p>	<p><b>Baby Hub</b> For families with children under 5 <b>9:30am– 11:30am</b> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.</p>		
<p><b>Brentry</b> Brentry Lane, Henbury, BS10 6RG</p>		<p><b>Baby Hub</b> For families with children under 5 <b>9:30am– 11:30am</b> An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Gain information and advice on all aspects of your child's development.</p> <p><b>Infant Feeding Group</b> 11:30pm– 1pm A supportive drop-in session to support with feeding your baby.</p>	<p>Scan to view our online timetable and more!</p>	

## North Bristol Children's Centre: Summer Family Fun Sessions

**nbc** north bristol children's centres

**SUMMER**  
FAMILY FUN SESSIONS

northbristolcc  
f Instagram

**-Wednesday-**  
**FILTON AVENUE CHILDREN'S CENTRE**  
Outdoor drop-in from 10am - 11.30am  
Blakeney Road, Horfield  
BS7 0DL

**-Thursday-**  
**LONG CROSS CHILDREN'S CENTRE**  
Drop-in from 10am - 11.30am  
Long Cross, Lawrence Western  
BS11 0LP

**-Friday-**  
**SOUTHMEAD CHILDREN'S CENTRE**  
Drop-in from 10am - 11.30am  
Doncaster Road, Southmead  
BS10 5PW

Lots of activities for babies and young children up to 5 years, with older siblings (up to age 8) welcome.

Scan to view our online timetable and more!

**Bristol Family Hubs** BRISTOL CITY COUNCIL

[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)

## Stoke Park Nursery & Primary



# Stoke Park Nursery

Spaces now available for 3 and 4 year olds

We look forward to welcoming you to our *fun* and *nurturing* nursery class, led by dedicated and experienced staff in the heart of Lockleaze.

'Be kind, be proud, strive for success.'



Visits are welcomed

Call our friendly team on **0117 377 2840**

or visit [www.stokeparkprimary.org/stoke-park-nursery/](http://www.stokeparkprimary.org/stoke-park-nursery/)

## Your Holiday Hub Summer Timetable

### What's happening in Bristol this summer?

This document provides all the details about the fully funded activities taking place across Bristol during the summer holidays. You'll find information on what's happening, where, when, and who it's for! Each activity listing includes a link to the provider's Your Holiday Hub page, so you can contact them directly if you have any questions.

Bristol's holiday programme, Your Holiday Hub, is funded by the Department for Education's Holiday Activities and Food (HAF) Programme. It offers exciting, enriching activities and nutritious meals for school aged children eligible for benefits-related free school meals during the spring, summer, and winter breaks.

Children who are not eligible for benefits-related free school meals can still join in the fun through Open Access sessions— please see below for details. If your child has special educational needs or disabilities (SEND), please contact the activity provider directly to discuss how they can best support your child's needs.

Visit: [www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk)



### **ACE – Gloucestershire Cricket Club**

**When?** Tuesday, Wednesday and Thursday from July 29<sup>th</sup> to August 21<sup>st</sup>  
All sessions run from 10:00am - 3:00pm

**Where?** Trinity Academy Bristol, Romney Avenue, BS7

**Ward:**  
Lockleaze

**Who?** Ages 8 – 17

[For more information, and to book, click here.](#)



### **Bizzy Kidz Club**

**When?** Monday to Friday from August 4<sup>th</sup> to August 29<sup>th</sup>  
All sessions run from 9:00am – 1.00pm

**Where?** Frome Vale Academy, BS16 2QS

**Ward:**  
Frome Vale

**Who?** Ages 4 – 11

[For more information, and to book, click here.](#)



### **Bristol Charities**

**When?** Wednesday July 23<sup>rd</sup>  
11:00am – 2.00pm

**Where?** Oldbury Court Estate, Oldbury Court Road, BS16 2JH

**Ward:**  
Frome Vale

**Who?** Ages 0 – 13, adults 18+

[For more information, and to book, click here.](#)



### **Bristol Horn Youth Concern**

**When?** Wednesday 23<sup>rd</sup> July to Thursday 21<sup>st</sup> August  
All sessions run from 12:00am – 4:00pm

**Where?** Multiple locations, check Your Holiday Hub for details.

**Wards:**  
Central  
Easton  
Lawrence Hill

**Who?** Ages 4 – 16

[For more information, and to book, click here.](#)



### **Bristol Somali Youth Voice**

**When?** Different dates, visit Your Holiday Hub for details.

**Where?** Different venues, visit Your Holiday Hub for details.

**Wards:**  
Bedminster  
Easton Eastville  
Frome Vale  
Lawrence Hill  
St George West

**Who?** Different ages, visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



### **Bristol Sport Foundation**

**When?** Thursday 24<sup>th</sup> July to Friday 22<sup>nd</sup> August  
All sessions run from 9:00am-4:00pm

**Where?** Begbrook or Filton Avenue Primary School

**Wards:**  
Ashley  
Frome Vale  
Lawrence Hill  
Lockleaze

**Who?** Ages 5 - 11

[For more information, and to book, click here.](#)



### **Campus Skateparks CIC**

**When?** Tuesday 22<sup>nd</sup> July to Friday 29<sup>th</sup> August  
All sessions run from 10:00am – 16:00pm

**Where?** Campus Pool, Whitchurch Lane, BS13 7RW

**Ward:**  
Bishopsworth

**Who?** Ages 7 – 12

[For more information, and to book, click here!](#)



### **Bristol City Robins Foundation**

**When?** Wednesday 23<sup>rd</sup> July to Friday 22<sup>nd</sup> August  
Sessions run at different times, visit Your Holiday Hub for details.

**Where?** Different venues, visit Your Holiday Hub for details.

**Wards:**  
Filwood  
Hartcliffe and  
Withywood  
Lawrence Hill

**Who?** Different ages, visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



**Wards:**  
Ashley  
Easton

### **Chaysestar Entertainment CIC – YBGT Sensory Play Sessions**

**When?** Monday to Thursday in August  
All sessions run from 11:00am – 3:00pm

**Where?** Easton Community Centre, Kilburn Street, BS5 6AW

**Who?** Ages 5 – 16

[For more information, and to book, click here.](#)



**Wards:**  
Avonmouth and  
Lawrence  
Weston  
Frome Vale  
Sea Mills  
Stoke Bishop

### **Children's Scrapstore**

**When?** **Week 1:** July 23<sup>rd</sup> & 24<sup>th</sup>  
**Week 2:** August 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>  
**Week 3:** August 4<sup>th</sup>, 5<sup>th</sup> & 7<sup>th</sup>  
**Week 4:** August 11<sup>th</sup>

Sessions run at different times, check Your Holiday Hub via the link below for details.

**Where?** Multiple locations, check Your Holiday Hub for details.

**Who?** 8+, under 8's must be accompanied by an adult

[For more information, and to book, click here.](#)



**Wards:**  
Avonmouth and  
Lawrence  
Weston  
Central  
Clifton  
Filwood  
Hartcliffe and  
Withywood  
Hotwells and  
Harbourside  
Knowle  
Stockwood  
Windmill Hill

### **Community Of Purpose CIC**

**When?** Monday August 4<sup>th</sup> to Friday 22<sup>nd</sup> August  
All sessions run from 10:00am – 2.00pm

**Where?** Multiple locations, check Your Holiday Hub for details.

**Who?** Ages 7 - 13

[For more information, and to book, click here.](#)



### **Eastside Community Trust**

**When?** Wednesday 23rd July to Friday 29th August 2025  
All core sessions run from 10.00am – 5.30pm, with sessions for specific groups running at different times. Check the Your Holiday Hub link below for details.

**Wards:**  
Easton  
Lawrence Hill

**Where?** Felix Road Adventure Playground, BS5 0JW

**Who?** Ages 4 – 16 (evening sessions 11 – 16)

[For more information, and to book, click here.](#)



### **Full Circle Docklands**

**When?** Mondays, Tuesdays and Wednesday each week from 23rd July to 27th August  
All sessions run from 11:00am – 3:00pm (with extra evening sessions available too)

**Ward:**  
Ashley

**Where?** Docklands Community Centre, BS2 8UA

**Who?** Ages 8 - 11 (12 – 16 on Wednesdays)

[For more information, and to book, click here.](#)



### **Fun 4 Families**

**When?** **Week 1:** July 30th, August 1st  
**Week 2:** August 11th, 13th, 14th & 15th  
**Week 2:** August 18th, 20th & 22nd

**Wards:**  
Brislington East  
Hengrove and  
Whitchurch  
Park  
Stockwood

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



### **Hartcliffe And Withywood Community Partnership**

**When?** Different dates and times - visit Your Holiday Hub via the link below for details.

**Ward:**  
Hartcliffe and  
Withywood

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



### **Lawrence Weston And Shirehampton Out Of School Activities**

**Wards:**  
 Avonmouth and Lawrence  
 Weston Central  
 Henbry and Brentry  
 Hengrove and Whitchurch Park  
 Westbury-on-Trym and Henleaze  
 Filton  
 Keynsham

**When?** Wednesday 23<sup>rd</sup> July to Friday 22<sup>nd</sup> August  
 Monday to Friday  
 All sessions run from 9:00am – 5:00pm.

**Where?** Shirehampton Primary School, St Mary's Walk, BS11 9RR

**Who?** Ages 4 – 12

[For more information, and to book, click here.](#)



### **Learning Partnership West CIC**

**Wards:**  
 Avonmouth and Lawrence  
 Weston  
 Frome Vale  
 Hartcliffe and Withywood  
 Hillfields

**When?** Open every day of the holidays, except bank holidays.  
 All sessions run from 11.00am – 3.00pm

**Where?** Different locations - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



### **Munchkins Childcare**

**Ward:**  
 Brislington West

**When?** Tuesday 22<sup>nd</sup> July to Thursday 14<sup>th</sup> August  
 All session run from 9:00am – 1:00pm

**Where?** Saint Anne's Infant School, Bloomfield Road, BS4 3QJ

**Who?** Ages 4 - 11

[For more information, and to book, click here.](#)



### **Natural Networks**

**When?** Tuesday 29<sup>th</sup> July to Friday 29<sup>th</sup> August  
Sessions run at different times, check the Your Holiday Hub link below for details.

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)

**Ward:**  
Ashley  
Central Eastville  
Hartcliffe and  
Withywood  
Knowle



### **Oasis Hub North Bristol**

**When?** Wednesday July 23<sup>rd</sup> to Friday 22<sup>nd</sup> August  
Different times - visit Your Holiday Hub via the link below for details.

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)

**Wards:**  
Avonmouth and  
Lawrence  
Weston



### **Oasis Hub South Bristol**

**When?** Monday 28<sup>th</sup> July to Thursday 21<sup>st</sup> August  
Sessions run at different times, click on the link below for details.

**Where?** Different venues, click on the link below for details.

**Who?** Different ages, click on the link below for details.

[For more information, and to book, click here.](#)

**Wards:**  
Filwood  
Hengrove and  
Whitchurch  
Knowle



### **Oldbury Court Out of School Club**

**When?** Wednesday 23<sup>rd</sup> July to Friday 29<sup>th</sup> August  
All sessions run from 9:00pm – 1:00pm

**Where?** Oldbury Court Out of School Clubs, BS16 2ND

**Who?** Ages 4 - 12

[For more information, and to book, click here.](#)

**Ward:**  
Frome Vale



**Ward:**  
Horfield

### **Premier Education – Let's Play LTD**

**When?** Wednesday 23<sup>rd</sup> July to Friday 29<sup>th</sup> August  
Full day: 8:45am – 15:30pm  
Half day: 10:00am – 14:00pm

**Where?** Horfield Church of England Primary School, BS10 5BD

**Who?** Ages 5 - 12

[For more information, and to book, click here.](#)



**Wards:**  
Henbry and  
Brentry  
Southmead  
St George  
Troopers Hill

### **Pro-Coaching**

**When?** Friday 25<sup>th</sup> July to Friday 29<sup>th</sup> August  
Sessions run at different times, click on the link below for details.

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



**Wards:**  
Bedminster  
Brislington East  
Brislington West  
Hartcliffe and  
Withywood  
Henbury and  
Brentry

### **Progressive Kids**

**When?** Wednesday 23<sup>rd</sup> July to Friday 29<sup>th</sup> August  
All sessions run from 8:30am – 3:00pm

**Where?** Fair Furlong Primary School, BS13 9HS

**Who?** Ages 4 -11

[For more information, and to book, click here.](#)



**Ward:**  
Knowle

### **Redcatch Community Garden**

**When?** Monday to Thursday from July 28<sup>th</sup> to August 8<sup>th</sup>  
These sessions run from 9:30am – 1:30pm  
(30<sup>th</sup> July @ 11:30am – 3:30am)

**Where?** Redcatch Community Garden, Knowle, BS4 2RD

**Who?** Ages 8 - 16

[For more information, and to book, click here!](#)



### **Teachsport & Buzzers @ Glenfrome Primary**

**Ward:**  
Eastville

**When?** Wednesday 23rd July to Friday 29th August  
All sessions run from 10.00am – 4.00pm

**Where?** Glenfrome Primary School, Bristol

**Who?** Ages 6 - 11

[For more information, and to book, click here.](#)



### **The Ranch (Southmead Adventure Playground)**

**Wards:**  
Henbury and  
Brentry  
Horfield  
Southmead

**When?** Wednesday 23rd July to Thursday 28th August  
All sessions run from 12.00pm – 4.00pm

**Where?** The Ranch, Southmead Adventure Playground, BS10 5PP

**Who?** Ages 0 - 12 (*Under 8s must be accompanied by an adult*)

[For more information, and to book, click here.](#)



### **Square Food Foundation**

**Ward:**  
Knowle

**When?** Tuesdays and Wednesdays from July 29<sup>th</sup> to August 20<sup>th</sup>.  
All sessions run from 10.00am – 2.00pm

**Where?** Square Food Foundation, The Park Centre, BS4 1DQ

**Who?** Ages 8 - 11

[For more information, and to book, click here.](#)



### **St Agnes Adventure Playground**

**Ward:**  
Ashley

**When?** Wednesday 23rd July to Monday 1<sup>st</sup> September  
All sessions run from 12.00pm – 4.00pm

**Where?** St Paul's Adventure Playground, BS2 9LN

**Who?** Ages 8 – 16

[For more information, and to book, click here.](#)



### **The Vench – Groundwork South**

**Ward:**  
Lockleaze

**When?** Wednesday 23<sup>rd</sup> July – Friday August 29<sup>th</sup>  
All standard sessions run from 10.00pm – 2.00pm  
(Youth Sessions run on Tuesdays 3.00pm – 5.00pm)

**Where?** The Vench, Romney Avenue, BS7 9TD

**Who?** Ages 8 – 12 (Youth Sessions for 12 – 16)

[For more information, and to book, click here.](#)



### **Unique Voice**

**Wards:**  
Brislington East  
Central  
Eastville  
Hartcliffe and  
Withywood  
Hengrove and  
Whitchurch  
Hillfields  
Lockleaze  
Southmead

**When?** Wednesday 23<sup>rd</sup> July to Thursday 21<sup>st</sup> August

**Where?** Different locations - visit Your Holiday Hub for details.

**Who?** Different locations - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



### **Unity Holiday Hub**

**Wards**  
Avonmouth and  
Lawrence  
Weston  
Eastville

**When?** Thursday 24<sup>th</sup> July, Thursday 4<sup>th</sup> & Thursday 21<sup>st</sup> August  
All sessions run from 11:00am – 3.00pm

**Where?** Lawrence Weston Community Farm, BS11 0NJ

**Who?** Ages 5 - 16

[For more information, and to book, click here.](#)



### uSports

**When?** Tuesday 23<sup>rd</sup> July to Friday 29<sup>th</sup> August  
(across different venues)  
All sessions run from 9:00am – 4:00pm

**Where?** Parson Street. Two Mile Hill & Ashton Vale Primary

**Who?** Ages 5 - 12

**Wards:**  
Bedminster  
Kingswood

[For more information, and to book, click here!](#)



### Windmill Hill City Farm

**When?** Mondays from 28<sup>th</sup> July to Monday 18<sup>th</sup> August  
Wednesdays from 23<sup>rd</sup> July to 27<sup>th</sup> August  
All sessions run from 10:00am – 2.00pm

**Where?** Windmill Hill City Farm

**Who?** Ages 6 - 13

**Ward:**

[For more information, and to book, click here.](#)



### Young Bristol

**When?** Monday July 28<sup>th</sup> to Wednesday 27<sup>th</sup> August  
Sessions run at different times - visit Your Holiday Hub via the link below for details.

**Where?** Different venues - visit Your Holiday Hub for details.

**Who?** Different ages - visit Your Holiday Hub for details.

**Wards:**  
Avonmouth and  
Lawrence  
Weston  
Bedminster  
Bishopsworth  
Stockwood

[For more information, and to book, click here.](#)



### Youth Moves

**When?** Thursday 24<sup>th</sup> July to Friday 29<sup>th</sup> August  
Sessions run at different times - visit Your Holiday Hub via the link below for details.

**Where?** Youth Moves, The Park Centre, Daventry Road, BS4 1DQ

**Who?** 8–11 for Junior, 11–14 for inters, 13–19 for Seniors.

[For more information, and to book, click here.](#)

**We hope you've found something exciting to do this summer!**

[www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk)



**You will find all activities and information [here](http://www.yourholidayhubbristol.co.uk)**

# Information and services for parents / carers

Dad's Group

# North Bristol Dads' Group

We are a dads' group in North Bristol which is run by dads in partnership with Families in Focus.

If you feel overwhelmed and want somewhere to vent, or want to talk to other dads in a similar position, or if you just want to meet new people and have chat over a cup of coffee!

We meet the 3rd Tuesday of every month at Ruby Jeans Cafe in Shirehampton, 6pm-8pm and often organise activities, we recently had a trip to Sugarloaf in Wales. Feel free to pop along or scan the barcode below to register your interest.

**3RD TUESDAY OF EVERY MONTH  
6PM-8PM**



RUBY JEANS CAFE,  
3-4 THE PARADE,  
BRISTOL BS11 9TS



## Mindful Parenting & Community Project

### **FREE Workshop for Parents/Carers** **Wednesday 16<sup>th</sup> July 9.15-10.45am**



When parenting in moments of stress we often forget helpful strategies, but we can learn to train our brain in a very different way.

By the end of this workshop, you will have a number of mindfulness-based approaches that help us to:

**Understand our reactions better.**

**Be more accepting.**

**Respond to our children more calmly in times of stress.**

**Enhance our enjoyment of life and re-discover ourselves.**

No previous experience of mindfulness needed; come along and find out what it's about!

The Mindful Parenting and Community Project has been supporting parents for 10 years. We are parents ourselves and so have a lived experience of the challenges and joys of parenting!

**For more info:**  
[www.mpcp.info](http://www.mpcp.info)  
[mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

Call Suzanne on 07577956911

**Date:** Wednesday 16<sup>th</sup> July 2025 @ 9.15 – 10.45am (1.5 hours)

**Venue:** The Park Primary School, Hollow Road, Kingswood, Bristol, BS15 9TP

**Contact:** Suzanne Lloyd on 07577 956911 or Debbie Emes, Family Support Adviser  
[Debbie.Emes1@gmail.com](mailto:Debbie.Emes1@gmail.com)

**Email:**  
[mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

**Website:** [www.mpcp.info](http://www.mpcp.info)

**Book your space!**



## Mindful Parenting &amp; Community Project

**Online Mindfulness for Parents of SEND Children****Pause • Soften • Connect • Be**

A Mindfulness Course for parents and carers, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment.

As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

**Mindfulness for Parents/Carers supports you to:**

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

**Online Mindfulness for Bristol Parents of SEND Children:**

**Taster Session: Friday 19<sup>th</sup> September 9.30 - 11.30 am**

**Course Info:**

**Day:** Fridays 9.30 am – 12 noon

**Dates:** 3<sup>rd</sup> October – 12<sup>th</sup> December 2025 (Term time only)

**Via:** Online Zoom

**Cost:** FREE

**Call:** Carol on 07764538595

**Book:** <https://www.eventbrite.co.uk/e/online-mindfulness-for-parents-of-children-send-tickets-1389510867409?aff=oddtcreator>

**Contact:** [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

**Website:** <https://www.mpcp.info>



## Bristol Family Hubs: Bristol Parenting Groups



# Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:




For more information please call: **07721 311 497**  
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find the best group option for you.



## Bristol Family Hubs: Advice Drop-in



### Join us for our Advice Drop-In

**Friday 1st August 9am - 12pm**  
**Southmead Children's Centre**  
**Doncaster Road BS10 5PW**

**Please note: Bristol Family Hubs are here to support all families in Bristol with children from 0-19 (25 with SEND)**  
**You do not need to have a child attending Southmead Children's centre to attend our drop-in - all are welcome.**

**Bristol Family Hubs**  
Family Hubs offer information, advice and help to all families in Bristol. Our Navigators support you and your family to access services and information. This means you only need to go to one place for information.  
Pop along and speak to one of our Navigators from 9am - 12pm

**SIRONA School Immunisation Team**  
We can offer vaccine history checks for families, advice and information on any vaccines that are due, provide general information and answer questions about vaccinations, and help with booking clinic appointments if needed.  
9am - 12pm

**Shelter - Family Service**  
Do you have housing concerns?  
Come along and get free independent housing advice from Shelter's Housing Rights Advisor from 10am - 12pm

**WorkWell West**  
WorkWell is a friendly, free and local support service for anyone with a disability or health condition who is struggling to stay in work, return to a job, or trying to find new employment.  
Come along and have a chat with one of their Work & Health Coaches from 10am - 12pm

**Skills Connect**  
offer free support to residents of Bristol to enter training, gain employment, progress within their current career or change into a new career.  
Pop along to speak to one of their Coaches from 10am - 12pm

<https://www.bristol.gov.uk/bristol-family-hubs>

## Home Start



We offer free, confidential support, friendship and practical help to parents who live in Bristol and South Gloucestershire who are going through challenging times and have at least one child under the age of 5 years.

### Home visiting Service

We support parents in their own home so that we can really get to know them and their families. We never judge a parent and always put the needs of children and families first. Families are visited by a member of staff and then matched with one of our trained and supported volunteers, who are mostly parents themselves. They can offer, emotional and practical support as well as helping families to connect to their communities. Our Family support coordinators liaise with other services and help connect families to other support that they might need.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbsg.org.uk/referrals/>

### Groupwork - Mums in Mind (Mims)

This is a peer support group for mums with children under 2 years who are feeling lonely or anxious, or like everything is getting on top of them and who would like to connect to other mums in a similar situation. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions with a focus for each session and are by referral only, but parents can also self-refer. It's a chance for mums to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 2 locations across Bristol – Knowle and Lawrence Weston. The next sessions start again in September. Please get in touch if you would like more information or to make a referral.

### Volunteering

We are looking for Volunteers to join our next training courses. Becoming a Home-Start volunteer is an incredibly rewarding experience. You will be able to give back to your community and help change parents and children's lives. Our volunteers tell us the experience changes their lives as well – giving them new skills and experience as well as the satisfaction of having helped a family get back on track. If you would like details of our next training course, please contact [admin@homestartbsg.org.uk](mailto:admin@homestartbsg.org.uk) or give us a call on 0117 950 1170

**Because Childhood Can't Wait** 

Murmuration Community Therapy: Navigation & Nurture

# Navigation & Nurture

A monthly meet up for parents of medically complex and profoundly disabled children aged 0-5



Are you wondering what help is out there?

Come along to a welcoming space, meet other parents, get emotional support and bring your questions to professionals in areas such as:



- Staying well on this exceptionally challenging parenting path
- Benefits
- House adaptations
- Support at home
- Education
- Anything else!

Help with transport costs and onsite playworkers available on request

6th March  
3rd April  
8th May  
5th June  
3rd July  
4th September  
2nd October  
6th November  
4th December  
10am-12pm  
St Annes House,  
BS4 4AB

Info and booking at <http://www.bit.ly/navandnurch>



MURMURATION  
COMMUNITY  
THERAPY



Mothers for mothers

reach@



mothers  
for mothers  
perinatal mental health support

COUNSELLING  
ART  
PSYCHOTHERAPY  
PEER SUPPORT  
GROUP

SEND  
SUPPORT  
HOME  
VISITS

HELPLINE  
0117 935 93 66  
MON-FRI  
10am-9pm



Are you or someone in your family experiencing anxiety, depression, distress or isolation during pregnancy and/or after the birth of your baby? Are you supporting someone who is experiencing this?

CONTACT US

[support@mothersformothers.co.uk](mailto:support@mothersformothers.co.uk)

[www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)



## SEND AND YOU: SENDIAS



We provide the information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

### SAY's July Topic of the Month:

SEND and You:  
Our service  
and  
how we help

Scan the QR code to find out more about what we do and the ways in which we can and cannot help:



### Events

SAY will be taking a short break from our local area events in July and August. Events will resume in September as usual.

We will be attending the following free coffee mornings with Bristol Parent Carers. No booking necessary. Parents and carers can drop-in to speak to us for advice on all areas of SEND including school-based support, Education Health and Care Plans (EHCP) Support plans, suspensions, part-time timetables, EHCP appeals and judicial review.

**INNS COURT CENTRE**  
10:30-12:30

Mar 6th  
April 3rd  
May 1st  
June 12th  
July 10th

 Bristol Parent Carer Forum  
*Shaping the Future Together*

1 Marshall Walk,  
Knowle BS4 1TR  
Car Park: Free  
Buses: M1



July 10th

**Fishponds Old Library**  
9 - 11am

June 19th  
July 17th  
Sept 18th  
Oct 16th

 Bristol Parent Carer Forum  
*Shaping the Future Together*

Fishponds Road  
BS16 3UH  
Free parking  
Buses 6,17,49,49x

July 17th

# SAY



# SEND AND YOU SENDIAS

We provide Information, Advice and Support around Special Educational Needs and Disabilities. Our service covers Bristol, North Somerset and South Gloucestershire.

## Contact Us

Our advice service is open Monday to Friday from 9:30-16:30 year round. To get in contact with us you can:

- Scan the QR code below to access our Contact Form
- Enter your details into the form
- An advisor will call you within 3-5 working days
- If you are not available, the advisor will send you a link to book a telephone appointment



Unable to access the form? Please email or call:  
[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk) 0117 989 7725