



Oct 2023 Families in Focus Bulletin - Part 1

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

Hello and welcome to the September information and Services Bulletin from the North Bristol Families in Focus 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 Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus 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.

Contents

Information and services for children and young people	- 3 -
After School Hangout	- 4 -
Short mat bowls	- 5 -
Talking Therapies.....	- 6 -
Prince's Trust: Explore (16-30)	- 8 -
Buzz Community Garden	- 9 -
Prince's Trust: Get into construction	- 10 -
Prince's Trust: Get started in cooking	- 11 -
Prince's Trust: Get started in photography	- 12 -
Prince's Trust: Timetable Oct – Dec 23	- 13 -
National Advocacy Helpline	- 14 -
Out & About: Short breaks for Disabled children	- 15 -
October half term at The Ranch	- 21 -
Prince's Trust - Monthly Programmes and Opportunities	- 22 -
The Hub & Cameron Centre Weekly Timetable	- 24 -
October Half Term Play Sessions.....	- 25 -
Information and services for parents / carers	- 26 -
Beezee Bodies	- 27 -
Nacoa.....	- 28 -
Antenatal course	- 29 -
ESOL classes.....	- 30 -
NBBC – Groups & Support.....	- 31 -
Home Start Bristol	- 32 -
Parent Buddies	- 33 -
Parent & Infant Art Therapy Group.....	- 34 -
Growing Mindful Communities	- 35 -
Online relationship support for parents	- 36 -
Bristol City Council - Childcare Survey for Parents and Carers 2023	- 37 -
Reducing Parental Conflict	- 38 -
Stronger Relationships: Online Course	- 39 -
Support for Inter-Parental Conflict (SIPCo)	- 40 -
SEND Drop in sessions @ Symes Resource Centre	- 41 -
SEND and You	- 42 -
Rainbow Trust Children's Charity	- 43 -

Information and services for children and young people

After School Hangout

After School Hangout

FRIDAYS

6th October

20th October

3rd November

17th November

1st December

15th December

3.30pm - 5pm

at Ebenezer Church

(286 Filton Avenue, Horfield)

For primary school aged children who must be accompanied by an adult

Limited number of spaces.

Sign up each week online or call 0117 9791399 -

www.ebe.org.uk/afterschoolhangout



* Crafts and games

* Books, colouring and quiet zone

* Simple meal for children and adults



EBENEZER CHURCH

Short mat bowls

A promotional poster for 'Short Mat Bowls' at The Hub, Gainsborough Square, Lockleaze. The poster features a large illustration of a person bowling at the top left. Below this, a circular inset shows a group of people, including one in a wheelchair, playing bowls on a green mat. Another circular inset at the bottom shows three people holding bowling balls. The text is bold and clear, with a mix of blue and white colors on a light blue background with yellow polka dots.

SHORT MAT BOWLS

**EVERYONE WELCOME!
SUITABLE FOR ADULTS WITH
ADDITIONAL NEEDS &
WHEEL CHAIR FRIENDLY**

TUESDAYS FROM 1PM - 3PM

AT THE HUB, GAINSBOROUGH
SQUARE, LOCKLEAZE, BS79FB.

PLEASE WEAR SUITABLE FOOTWEAR
THAT COVERS YOUR FEET

TRY IT FOR FREE!

£3.50 P/P

**Lockleaze
Neighbourhood
Trust**

FOR MORE INFO CALL
01179141129 OR EMAIL
INFO@LOCKLEAZENT.CO.UK

Talking Therapies



NHS
Bristol, North Somerset &
South Gloucestershire
Talking Therapies

**Are you feeling low, worried
or stressed?**
We are here to help you

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, North Somerset and South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

-  vitahealthgroup.co.uk
-  0333 200 1893
-  Text 'YOU' to 88802

**Scan to
self refer**



Service provided by
 **vita**
health group

Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.

Contact us today - it is a FREE and confidential service.



vitahealthgroup.co.uk



0333 200 1893



Text 'YOU' to 88802

Making People Better in Bristol, North Somerset and South Gloucestershire

Scan to self refer



Prince's Trust: Explore (16-30)



Prince's Trust



DESIGN YOUR FUTURE

You're in control. Get help from a dedicated mentor to discover your potential, boost your personal skills and improve your confidence.

Find out more via webchat at:
princes-trust.org.uk



@princestrust     

ON THIS COURSE YOU'LL:

- Use outdoor learning to help build your confidence and motivation.
- Complete a personal development & employability skills qualification.
- Focus on improving wellbeing by setting and achieving goals.

DATES FOR YOUR DIARY:

Taster day: Wednesday 11th October
Course dates: 17th October - 2nd November
Location: Bristol, BS1 6BY

Buzz Community Garden

Buzz Community Garden

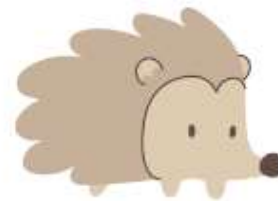
Free drop-in
Wednesdays & Saturdays from
10am-12pm



Share ideas &
learn skills



Meet people



Help the
wildlife



Grow food for
your table



Make &
fix things

Where: Behind Gainspace on Gainsborough Sq
(access is down the slope to the right of the chinese takeaway)

Contact: 01179141129, info@lockleazent.co.uk

**Lockleaze
Neighbourhood
Trust**

This is supported
by the Mega Watt
fund.

Prince's Trust: Get into construction




Prince's Trust

SIGN UP, LEARN, GET INTO CONSTRUCTION

Everyone starts somewhere.
Get the skills, experience and
opportunities to help you land
a job.

**Find out more
via webchat at:
princes-trust.org.uk**



@princestrust     

ON THIS COURSE YOU'LL:

- Experience practical Carpentry, Plumbing and Electrical workshops,
- Gain a CSCS Green Card to enable you to work on a building site,
- Meet employers and interview for live vacancies in the construction sector.

DATES FOR YOUR DIARY:

Taster day: Wednesday 1st November
Course dates: Mon 6th Nov - Fri 1st Dec
Location: Lockleaze, Bristol
Eligibility criteria: 18-30, not in full time work or education

 **GET INTO**

Prince's Trust: Get started in cooking



Prince's Trust

GET STARTED IN COOKING

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

Find out more via webchat at:
princes-trust.org.uk



ON THIS COURSE YOU'LL:

- Gain cooking skills through practical learning and workshops.
- Learn about nutrition, local produce and the cultural impact of food.
- Gain hospitality and hosting skills by planning & preparing a celebration dinner.

DATES FOR YOUR DIARY:

Taster day: Thursday 26th October
Course dates: 30th October - 3rd November
Location: Co-exist Kitchen Easton, BS5 6JF

@princestrust f @ t i d

➤ GET STARTED



Prince's Trust: Get started in photography



GET STARTED IN PHOTOGRAPHY

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

Find out more via webchat at:
princes-trust.org.uk



@princestrust f @ t in d

ON THIS COURSE YOU'LL:

- Learn from professional photographer Ben Bowles
- Learn key photographic skills used in the industry
- Build your photographic portfolio
- Boost your confidence and meet new people

DATES FOR YOUR DIARY:

Taster day: Thursday 16th November
Course dates: 20th Nov - 1st Dec
Location: MS Teams
Eligibility criteria: Aged 16-30, not currently in Training, Employment or Education

➤ GET STARTED



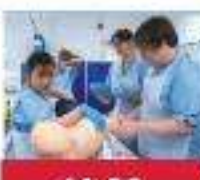
Prince's Trust: Timetable Oct – Dec 23



Bristol

October 2023

Free courses for young people aged 16-30

 Get into I.T. with Google Ongoing dates Develop digital skills and gain one of three industry recognised qualifications. This course is self led and completed online from home 18-30 emily.spruce@princes-trust.org.uk	 Explore Induction: Wed 11th Oct Course: 17th Oct - 3rd Nov 3 week personal development programme using adventurous activities to help young people reach their goals. 16-30 tom.christensen@princes-trust.org.uk
 Get Started with Cooking Taster Day: Thursday 26th Oct Course: 30th Oct - 3rd Nov Gain new cooking skills through practical learning and workshops, learning about nutrition, local produce and the cultural impact of food. Gain hospitality and hosting skills by planning and preparing an end of course celebration dinner. 16-30 harry.bates@princes-trust.org.uk	 Get Started with Photography Taster Day: Thursday 16th Nov Course: 20th Nov - 1st Dec This free 2-week online programme led by an industry professional will enable you to learn and develop the key photographic skills required for a career in this industry. Meet new people, get creative, focus on your goals whilst building a portfolio of work. 16-30 harry.bates@princes-trust.org.uk
 Get into Construction Taster day: Wed 1st November Course: Mon 6th November - 1st December A 4 week course where you can get a taste for all the trades with practical workshops in Carpentry, Plumbing, Electrics as well as Painting & Decorating. Gain a CSCS Green Card to enable you to work on a building site. Meet employers and get support to interview for live vacancies in the construction sector at our Get Hired event at the end of the course. 18-30 charlie.mackenzie@princes-trust.org.uk	
 Enterprise Monthly Online Courses Business start up support. Access to financial grants & loans alongside mentoring and guidance. 18-30 apply online: princes-trust.org.uk	 Health & Social Care Get Hired Friday 27th October A 1 day recruitment event to kickstart your career in Health & Social Care. Interview with employers who have live vacancies in the sector. 16-30 daisy.richards@princes-trust.org.uk

Find out more via webchat at:
princes-trust.org.uk



@princestrust







National Advocacy Helpline

From 1st October 2023 the National Advocacy Helpline Service will be provided by the National Youth Advocacy Service (NYAS).

New details for accessing the service are available below. Please ensure to use these after 1st October 2023:

- Website and online chat: <https://www.nyas.net/safetynet/>
- Freephone: 0808 808 1001
- Email: help@nyas.net.
- Whatsapp: 07494788875.
- Text: text NYAS to 85258.

The Coram Voice 'Always Heard' Service will continue to operate and receive calls until 30th September. Please can you disseminate this new information to relevant services and teams in your local authority to support a smooth transition and ensure the service continues to be accessible and available from October.

The NYAS 'Safety Net' helpline service will continue the national provision of:

- Helpline advice and support.
- Signposting to local services.
- Issue-based advocacy.
- Specialist non-instructed advocacy.
- Advocacy finder service.
- Self-advocacy information.

The service accepts referrals from children and young people, professionals working with young people, friends, families, and carers.

The service will be available to:

- Children in care and care leavers up to age 25.
- Children and young people needing support from children's services, including those on child in need plans, child protection plans, or who are 16-17 years old and homeless.

NYAS will also continue to support refugee and migrant children and young people, as well as young people in mental health settings.

Out & About: Short breaks for Disabled children

About Us

The Out and About Team offer a variety of different services to support Disabled / SEND Children and Young People. Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years.

We provide a variety of different services for Children and Young People, these include:

- Specific provision for Sensory Impairments
- Specific provision for Neurodivergent
- Specific provision for BAME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Disabled / SEND Children and Young People

Holiday Short Breaks (HSB)

HSB runs during the school holidays and is a specialised service aimed at young people aged 5 to 18.

We offer breaks for young people who attend specialist schools or have complex or challenging needs.

We work in partnership with the Disabled Childrens Service and people can use their Direct Payments to access the direct payment service that runs alongside HSB. To discuss access to the direct payment service, you will need to speak to your social care practitioner.



After School Sessions

After School Clubs



Specific group for Neurodivergent

Tuesdays: Southmead
Adventure Playground
Ages 8-13 6.15-7.45 pm
Ages 13-18 8.15-9.30pm

Thursdays: Felix Road
Adventure Playground, Easton
Ages 8-13 6.00 -7.30pm
Ages 13-18 8.00-9.30pm

Independent Living Skills



Transition Group for Young People between the ages of 19-25 looking at a variety of skills needed for the transition into adulthood. Arranging face to face activities a couple of times a month

Evening Session



Tuesdays: Hillfields Youth Centre, Fishponds
Ages 13-18 7.00-9.00 pm
Thursdays: The Park, Knowle
Group 1 6pm to 7.30pm
Group 2 7.30pm to 9pm
Thursdays: Southmead adventure playground
Ages 13-18 7.00-9.00 pm

Evening Sessions (Sensory Specific)



For Sensory Specific Impairments
Thursdays: Woodside Centre, Kingswood
Ages 5-18 5.00-7.00 pm



Weekend Sessions

Saturday Trips (Sensory Specific)

.....
For Sensory Specific Impairments
Ages 5-18
Woodside and Various outings

Saturday/Sunday Sessions (BAME Specific)

.....
Age 5-18
Saturday: Woodside Centre
or Felix Rd Adventure
playground
Sunday: Vench, Lockleaze

Saturday Sessions & Trips

.....
For Disabled / SEND Children and
Young People ages of 13-18. Various
Trips and activities throughout the
year. Must attend another WECIL
youth Group to attend.

Stay and Play

.....
Age 5-12

Families are invited to come
along to various activities
(climbing, pictures, adventure
playgrounds etc) usually on a
Saturday.

Closed Play Session (Drop and Play)

.....
Age 8-12

Usually on a Saturday,
alternating between
adventure playgrounds and
out and about activities
(Cinema, Zoo etc)
Booking Required.



School Holiday Sessions

Holiday Sessions (BAME Specific)



Holiday Sessions for
BAME groups
Age 5-18 10am-6pm
Various places; Avon Valley,
Puxton Park, Bristol Zoo,
Cinema, Bowling, Woodside
centre.

Holiday Short Breaks (HSB)

Age 5 to 18
Holiday session for complex
needs during the school
holidays.

Family Activities



Family Activities in school
holidays
2.5 hours
Various places such as:
skittles, bowling, climbing,
Zoo.





Befriending

WECIL's befriending service links volunteer buddies 1:1 with a Disabled child or young person, to regularly spend time doing something they both enjoy!

Our befriending service gives Disabled / SEND Children and Young People an opportunity to go out independently, increasing their self confidence and feeling of self-worth through being linked 1:1 with a volunteer 'buddy', whilst providing families with valuable short breaks.

Our volunteers are DBS checked and trained, and can offer 2-3 hours of support per week.

Please note:

Whilst our volunteer Befrienders undertake training, we cannot guarantee that they will have the necessary experience in dealing with any specific needs.

Our volunteers are not expected to administer medication, or assist with personal care. These factors should be taken into consideration when assessing a child or young person's suitability for this service.



Supporting Disabled Children & Young People



Contact Us

If you would like anymore information about any of the sessions offered please contact the Out and About referrals team.

Please contact us if you would like this leaflet in an accessible format.

outandabout@wecil.co.uk | 07835 611 651 | 0117 947 9911

Follow us on Facebook for the latest updates and news:

 outandaboutbristol



October half term at The Ranch

October Half-term at **THE RANCH**

Southmead Adventure Playground

Children & Families Free Play, 12 – 3pm
Tuesday 24th, Wednesday 25th & Thursday 26th
under 8s must be accompanied by an adult at all times



- Biking with Lifecycle
- Making Halloween decorations
- Sports tournament
- Pumpkin carving
- Ghoulish face painting
- Halloween fancy dress party and parade
- Arts & crafts

Follow our Facebook page for updates

 southmeadadventureplayground
Go to Facebook for term-time events and for Youth session times



Life Cycle  UK



Prince's Trust - Monthly Programmes and Opportunities

Monthly Programmes and Opportunities

Enterprise (18-30)

Do you or someone you know have a business idea? Our 4-day Enterprise course focuses on the skills you need to start a business - business planning, marketing, sales, budgeting and tax. Once you have completed the course, for the next 12 months, you will have access to 1-to-1 business mentoring, specialist workshops, grants and funding opportunities to help you turn your business idea into reality!

When: Monthly Information Sessions, with courses held once a month

Where: Microsoft Teams

Health and Social Care 101 Webinar (16-30)

Join this webinar to find out more about the health and social care sector! Find out about all the career opportunities available and hear from a guest speaker working in the sector.

When: we run two webinars a month, please find the dates for these in the link below.

Location: Zoom

How to sign up: please register via this page [Start a Career in Health & Social Care | South West \(princes-trust.org.uk\)](https://princes-trust.org.uk/start-a-career-in-health-social-care-south-west)

Health and Social Care Mentoring (18-30)

We are offering young people who are interested in a career in the health and social care sector support from a mentor for up to six months. Mentors can help with applying for jobs and navigating applications, offering guidance, helping to create action plans or objectives, CV writing skills and interview techniques. Mentors will meet with young people virtually on a regular basis, for about an hour a week.

When: Anytime. The mentoring would be for up to 6 months, 1 hour a week.

Where: Virtual – over phone, email or video call (Microsoft Teams).

How: please register via this page [Start a Career in Health & Social Care | South West \(princes-trust.org.uk\)](https://princes-trust.org.uk/start-a-career-in-health-social-care-south-west)

Development Awards (16-30)

Our Development Awards can cover the cost of course fees, tools or equipment up to £150 in order to help young people achieve their goals and move into education, training or employment. For more information, visit our website [here](https://princes-trust.org.uk/development-awards).

Stand Alone and Progression Mentoring (16-30)

We can offer young people a mentor for up to six months. Mentors can help with applying for jobs and navigating applications, offering guidance, helping to create action plans or objectives, CV writing skills and interview techniques. Mentors will meet with young people virtually on a regular basis.

When: Anytime. The mentoring would be for up to 6 months, 1 hour a week.

How: please contact Louise Birchall; louise.birchall@princes-trust.org.uk

How to enquire?

If you are a young person, you can contact us from 9am – 6pm Monday - Friday:

- Call us for free on **0800 842 842**
- Live chat with us online [here](#)

TEAM (16-25)

Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends!

Gloucester, Bristol and Bath

Young Gloucestershire:

Team 231: 16th Oct – 19th Jan

Team 232: 23rd Oct – 26th Jan

Team 233: 20th Nov – 23th Feb

City of Bristol College:

Team 284: 6th Nov 23 - 9th Feb 24 (Ashley Down)

Team 285: 20th Nov 23 - 23rd Feb 24 (SBSA)

Further Information: reetta.sahlman@princes-trust.org.uk.

Bath College

Team 9 25th Sept – 15th Dec

Please contact Sarah.date@princes-trust.org.uk

The Hub & Cameron Centre Weekly Timetable

The Hub & Cameron Centre Weekly Groups Timetable October 2023

**Lockleaze
Neighbourhood
Trust**

****Please note on W/C 23rd October gentle exercise, accessible exercise, short mat bowls, Hubbub cafe and art for wellbeing sessions will NOT be running due to maintenance at The Hub.**

MONDAY

- 10:15 - 11:15 Gentle Exercise Class aimed at over 55's (CC)
- 11:30 - 12:15 Accessible Exercise Class for adults with additional needs.(CC)
- 17:00 - 21:30 North Bristol Aikido kids, teens and adults (CC)
- 18:15 - 20:00 Tae Kwon-Do Class for kids, youths and adults (H)

Office hours

- Mon 9-4
- Tues 9-4
- Weds 9-4
- Thurs 10.30-4
- Fri 9-3

TUESDAY

- 13:00 - 15:00 Short Mat Bowls (H)
- 15:15-17:45 Acta Community Theatre (CC)
- 18:30-19:30 Bristol Free P. Church (H)

Guide:

- (H): The Hub
- (CC): The Cameron Centre
- TTO: Term Time Only

WEDNESDAY

- 10:30-13:30 Hubbub Pop Up Café (H)
- 10:30-11:30 Margaret Morris Movement Dance class (CC)
- 16:00-19:00 Acta Community Theatre (CC)
- 16:15-18:15 Alien Dance Company Dance sessions (H)
- 18:30-19:30 Pilates (H)

THURSDAY

- 10.30 - 12:30 Art & Craft for Wellbeing (H)
- 16:30 - 19:30 Alien Dance Company Dance Session (H)
- 18:00 - 21:30 North Bristol Aikido (CC)

FRIDAY

- 09:00-12:00 Little Kickers toddlers football (H)
- 10:00-11:45 Bristol Umbrella Singers (CC)
- 13:10 - 14:10 Men's Friday Prayer (CC)
- 13:00 - 14:00 Bristol Disability Equality Forum (H) [monthly]
- 18:00 - 20:00 Polish Girl Scouts (H) [fortnightly]
- 18:00 - 20:00 House of Grace Bible Study (CC)

SATURDAY

- 19:00 - 21:00 House of Grace (CC)

SUNDAY

- 10:00 - 14:00 House of Grace Sunday Service (CC)
- 10:00 - 15:00 Bristol Free P. Church (H)
- 16:00 - 18:00 Church of God Sunday Service [fortnightly] (CC)
- 19:30 - 20:30 Pilates with Sarah Ramage (H)



 @lockleazeneighbourhoodtrust

 info@lockleazent.co.uk

 @thehublockleaze

 The Hub, Fedden Buildings, Gainsborough Sq, Lockleaze, BS79FB

 @lockleazehub

 lockleazehub.org.uk

 01179141129

October Half Term Play Sessions



A poster for October Half Term Play Sessions. At the top left is a yellow starburst with the word 'FREE' in bold black letters. To its right, the title 'OCTOBER HALF TERM PLAY SESSIONS' is written in large, bold, black capital letters, with two small birds flying above it. Below the title, it says 'led by Children's Scrapstore'. The main text reads 'Free stay & play open access activities aimed at over 8s' and 'Younger children welcome with adult supervision'. There are two teal-colored boxes with white text. The left box says 'PARK BY BMX TRACK LAWRENCE WESTON, BS11 0EZ TUESDAY 24TH OCTOBER 10.30AM - 12.30PM'. The right box says 'PARK ON BEVERSTON GARDENS LAWRENCE WESTON, BS11 0SB THURSDAY 26TH OCTOBER 10.30AM - 12.30PM'. Below these boxes, it says 'Fully funded lunch will be provided for the children'. At the bottom, there is a green grassy area with a silhouette of a child on a bicycle on the left and a silhouette of a child doing a handstand on the right. In the center of the grass area, it says 'Contact - playteam@childrensscrapstore.co.uk for more information'. At the very bottom, there are five logos: 'Children's Scrapstore', 'PLAYFUL BRISTOL', 'Quartet Community Foundation', 'BPCA', and 'NATIONAL LOTTERY FUNDED'.

FREE

OCTOBER HALF TERM PLAY SESSIONS

led by Children's Scrapstore

Free stay & play open access activities aimed at over 8s

Younger children welcome with adult supervision

PARK BY BMX TRACK
LAWRENCE WESTON,
BS11 0EZ
TUESDAY
24TH OCTOBER
10.30AM - 12.30PM

PARK ON BEVERSTON GARDENS
LAWRENCE WESTON,
BS11 0SB
THURSDAY
26TH OCTOBER
10.30AM - 12.30PM

Fully funded lunch will be provided for the children

Contact - playteam@childrensscrapstore.co.uk for more information

Children's Scrapstore

PLAYFUL BRISTOL

Quartet Community Foundation

BPCA

NATIONAL LOTTERY FUNDED

Information and services for parents / carers

Beezee Bodies

Hello, Parents & Guardians!


**beezee
bodies**

We are BeeZee Bodies, and we work with Bristol Council to provide FREE (and FUN!) healthy lifestyle support for families.* We run [BeeZee Live](#) an online course where you and your family can learn how to make small changes to create healthy habits.

www.beezeebodies.com/programs/families-live

BeeZee Live times	5-8 yrs Tuesday 4:30pm
5-8 yrs Monday 5:30pm	9-12 yrs Tuesday 5:00pm
9-12 yrs Monday 6:30pm	9-12 yrs Tuesday 6:30pm



Stressed out after a summer of feeding the kids?? We've got you!

FUSSY EATING

is now **LIVE** on

BAC BeeZee Academy

Scan here to sign up





September is ...
**back to school
routines**



YOU'VE GOT
**PARENT
MAIL**

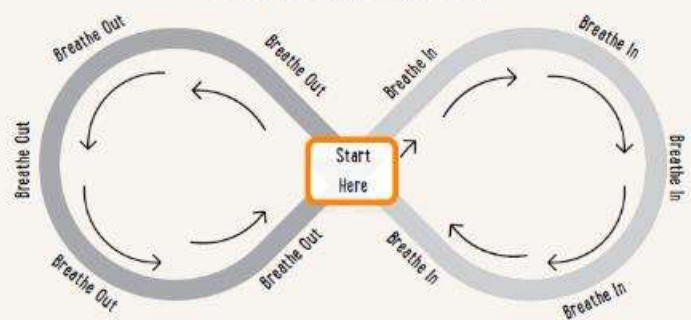


INFINITY BREATHING

You and your child may be going through a lot of change this week by returning to school or even starting a new school. Breathing exercises is one of the best tools to reduce anxiety.

Using your finger, slowly follow the line of the infinity loop. Take a deep breath in as your finger follows the right hand side, then breathe out as your finger follows the left hand side.

Aim to take 3 to 4 seconds to complete each half of the loop. Repeat this loop 7 times, focusing on your finger as you do so.



The diagram shows an infinity loop with arrows indicating the direction of breathing. The right side of the loop is labeled 'Breathe In' and the left side is labeled 'Breathe Out'. A central box labeled 'Start Here' is positioned at the intersection of the two loops.

*To be eligible for this awesome free service, your family must live/go to a school in Bristol and include one child who is above their ideal healthy weight.


**BeeZee
Families**


beezeebodies.com


BeeZee Families


03308 186308



Nacoea



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

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

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE • Sophie W
Cherle Lunghi • Eile Macpherson • Vicky Pattison • Suzanne Stafford CQSW • Camilla Tominey • David Yelland

Nacoea (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.

Nacoea'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.

Nacoea's free, confidential telephone (0800 358 3456) and email helpline (helpline@nacoea.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.

Nacoea's services include: -

- Free, confidential helpline
- Online message boards
- Website with personal experiences (www.nacoea.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.

The National Association for Children of Alcoholics (Nacoea)
PO Box 64, Bristol, BS18 2UH

Registered Charity No: 1009143

Tel: 0117 924 8005
Email: admin@nacoea.org.uk
Web: nacoea.org.uk
Socials: [@nacoea](https://www.facebook.com/nacoea)



Antenatal course



Antenatal Course

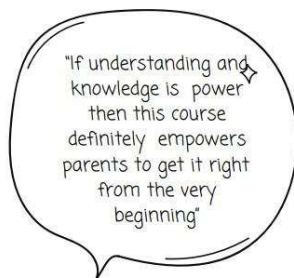
Welcome to The World Parent Group

Free Course!

The Welcome to the World Programme is a group for parents expecting a baby. Topics include empathy and loving attentiveness, infant brain development, healthy eating choices, breastfeeding, infant care, managing stress and difficult feelings, promoting self-esteem and confidence, and the couple relationship.

Starts on Thursday 14th September 1pm - 3 pm

*speak to us if you require a antenatal letter to attend these sessions



Understanding your baby - a baby's brain development



Your future as parents and as a family



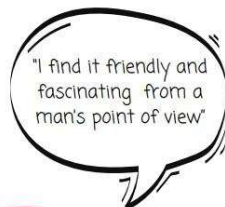
Your roots, traditions, hopes and fears for the future



Breastfeeding and the practical tasks of caring for a new baby



The need to nurture ourselves



Southmead Children's Centre
Doncaster Road, Southmead, Bristol, BS10 5PW

For more information email:
nbcc@bristol.gov.uk



ESOL classes



Community Learning courses

ESOL classes @ Southmead Childrens Centre on Tuesdays 9.30 to 11.30am

All welcome

**Join us for our FREE English courses
(with creche)**

Is English your second language?
Wanting to gain confidence and skill in both written and spoken English,
be it for a new job or just every day life?
Then join us for this friendly and fun class ..
For more info : Richard.Davies@bristol.gov.uk

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230

NBBC – Groups & Support

V21

nbcc north bristol children's centres

September - December 2023

Facebook Instagram

Groups & Support

	Monday	Tuesday	Wednesday	Thursday	Friday
Filton Avenue	ESOL 9:30am–11:30am Introduction course for people wanting to improve their English. Please contact Richard: richard.davies@bristol.gov.uk Creche Available. Early Birds 1pm–2:30pm Join us if you have a non-mobile baby who was born prematurely or spent time in special care after birth.	Childminders 9:15am–11:15am A group for Childminders to share good practice and ideas. Horfield Baptist Church Baby Hub 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.	Stay & Play 9:30am–11am Drop-in for fun family activities and more. Aimed at ages 0-5.	Baby Hub 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. Honey Suckle Infant Feeding Group 10.15am–11:45am A supportive session to help you and your baby get the most out of breastfeeding.	Scan to view our online timetable and more!
Stoke Park	Location: Horfield Baptist Church, 160a Gloucester Road, BS7 8NT Please email for more details: Email: admin@honestartbristol.org.uk Phone: 0117 9501170 Please contact Richard: richard.davies@bristol.gov.uk or nbcc@bristol.gov.uk Community Gardening TBC Course with the option to gain a Horticultural Award. HomeStart A friendly group for any mums experiencing anxiety, loneliness. A safe space for you and your child (under 2s). Stay & Play 1:30pm–3pm Drop-in for activities and play aimed at ages 0-5. Sensory Baby 10am–11:15am Support your baby's language development, bond and have fun helping them understand the world around them.				
Southmead	Young Parents 10:30am–12:00pm A drop-in group for young parents under 23 and their children. Meet other young parents in your area. A safe space to get support & advice. Contact: lctinfo@bristol.gov.uk Phone: 01172510230	ESOL 9:30am–11:30am Introduction course for people wanting to improve their English. Please contact: richard.davies@bristol.gov.uk *Creche available Infant Feeding Group 12:30am–2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.	Parenting Courses Structured groups for parents, which promote emotional well-being and strengthen family relationships. Please contact us for more information or to book your spot: nbcc@bristol.gov.uk Stay & Play 1pm–2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.	Baby Hub 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. Welcome to The World 9:30am–11:30am 5 week antenatal course for expectant parents from third trimester onward.	Please contact us for more information: nbcc@bristol.gov.uk
Long Cross	Community Learning -Maths for Adults 9:30am–11:30am Improve your maths skills for home, work or volunteering. -English for Adults 1pm–3pm. Improve your English for work or home.	Baby Hub For families with children under 5 9:00am–11:00am 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.		Stay & Play 9am–10:30am Drop-in for fun family activities and more. Aimed at ages 0-5. Infant Feeding Group 12:30pm–2pm A supportive session to help you and your baby get the most out of breastfeeding.	
Sea Mills		Childminders 9:45am–11:15am A group for Childminders to share good practice and ideas.	Baby Hub For families with children under 5 9am–11am 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.	
Avonmouth		Rainbow Group 9:30am–11:30am Supporting families with children who have additional needs, in a safe environment. Please contact Helen on 07825 315732 for more information.	Childminders 9:45am–11:15am A group for Childminders to share good practice and ideas.	Stay & Play 9:30am–11:00am Drop-in for fun family activities and more. Aimed at ages 0-5.	
Brentry	Please contact us for more information: nbcc@bristol.gov.uk				
Henbury	Rockabye 10am–11:15am Have you recently had a baby? Are you feeling anxious or depressed? We offer a space to share experiences and connect with your baby.	Stay & Play 1:15pm–2:45pm Drop-in for fun family activities and more. Aimed at ages 0-5.	Baby Hub For families with children under 5 9am–11am An opportunity to drop in and speak to your local Health Visiting team, Children's Centre staff and other parents. Infant Feeding Group 11:30am–1pm A supportive session to help you and your baby get the most out of breastfeeding.	Gain information and advice on all aspects of your child's development.	

www.northbristolcc.org.uk

Bristol Family Hubs

BRISTOL CITY COUNCIL

Home Start Bristol



Home visiting

Our home-visiting service is part of what makes us special. We visit parents in their own home so that we can really get to know them and their families. We never judge a parent and are always compassionate and put the needs of families first. Our trained volunteers offer free, confidential support, friendship and practical help to parents who are going through challenging times and have at least one child under the age of 5 years.

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://homestartbristol.org.uk/referrals/>

Mums in Mind

This is a peer support group for mums with children under 2 years who are feeling lonely, anxious, or like everything is getting on top of them. 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 and are by referral only, but parents can also self-refer. It's a chance 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 3 locations across Bristol - Hartcliffe, Stoke Park and Broomhill. The next sessions start again in January, dates TBC. Please get in touch if you would like more information or to make a referral.



Parent Buddies



 Community Church @ Lawrence Weston

 Parent Buddies

Parents...

Would you like to...

- **Feel more confident in your parenting**
- **Experience less stress in family life**
- **Talk to someone about the challenges of parenting?**

We can provide a Parent Buddy who can meet with you once a week for up to 6 weeks to give you a listening ear and support you to find solutions to the challenges you are facing. For more information and to sign up for a Parent Buddy please contact us using the details below.

Contact Us

Email: info@communitychurch-lw.co.uk
Phone: 07706800574

www.parentbuddies.co.uk

Registered charity number 1185110

Parent & Infant Art Therapy Group

MOTHERS FOR
MOTHERS

PARENT & INFANT ART THERAPY GROUP

When and where

Starting 18th October 2023

Wednesdays 1:15-2:45pm
8 sessions (term-time only)

Avonmouth Children's Centre,
Catherine Street, Bristol, BS11 9LG

Aim of the group

- To provide a safe space for parents to express and explore feelings and experiences using creative tools.
- Build confidence, self-worth and noticing strengths as parents.
- Use the art making as a way to create opportunities for and support a warm connection between parent and infant.



CHLOE SPINDLOVE
LEAD ART
PSYCHOTHERAPIST
&
THERAPY
COORDINATOR



JESS COX
SESSIONAL ART
PSYCHOTHERAPIST

If you are interested

Contact Chloe Spindlove at

therapy@mothersformothers.co.uk OR
01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations. Infants need to be aged between 3months-24months



Helpline: 0117 9359366

Growing Mindful Communities



Growing Mindful Communities

The Mindful Parenting & Community Project (MPCP) is a not-for-profit organisation that aims to raise awareness of the benefits of mindfulness with families and the community, with a particular focus on families without the means to access 'mainstream' mindfulness courses in their localities.

2024 project for ESOL parents¹ or parents with low literacy – January – March

What MPCP can offer your organisation for FREE:

- A 2hr **Mindfulness Taster Workshop** for ESOL parents or parents with low literacy.
- A **Mindfulness for Parents Course** (5 weeks at 2.5 hrs, which includes an orientation session) for low literacy families in a Bristol school or organisation situated in an area with high levels of deprivation.
- **Course handouts** for each parent to take away.
- **Evaluation of the project** including a progress report demonstrating evidence.
- Option for a **Staff Member to attend the course** to gain knowledge of Mindfulness.
- **Publicity** to notify/refer parents about the course and taster workshop.

We also regularly offer workshops and our mindfulness-based parenting course, "Stressbusting for Parents". We have funding to offer two FREE workshops for parents before end of 2023 into early 2024.

Workshops include:

- Introduction to Mindfulness
- Managing Emotions
- Keeping calm
- Dealing with Conflict
- Setting Limits from a place of love

What next?

Please contact Claire-Louise if you are interested in hosting this project, a workshop or a course; or would like to find out more about other services provided by MPCP.

Claire-Louise Symonds Tel: 07949399633

mpcp.bristol@gmail.com

www.mpcp.info

¹ "parent" refers to any adult who has the main responsibility for caring for a child or children – this may be a grandparent, other relative, foster-parent etc.

Online relationship support for parents

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.onepluseone.org.uk/parents



Bristol City Council - Childcare Survey for Parents and Carers 2023

What are your thoughts on childcare in Bristol?

This survey helps us to understand better the demand for childcare in Bristol. Please feel free to share this with any parents or carers you might know who also have children currently accessing childcare.

[Bristol City Council - Childcare Survey for Parents and Carers 2023 \(Page 1 of 5\) \(office.com\)](#)

Reducing Parental Conflict

Reducing Parental Conflict

Free Online Course with weekly facilitated group discussion



The SFSC Reducing Parental Conflict course is evidence based and provides a mixture of self study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged up to 18. **Two courses are available: one for co-parents living together and one for those living apart**

SFSC Reducing Parental conflict online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for co-parents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting agreement
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consist of six online modules and a weekly facilitated group discussion. The individualised online session are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a weekly online group discussion facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

How will parents sign up?

Parents will sign up online. They can either register themselves or can be referred by an agency such as their school or early help team. Parents will be talked through what to do stage by stage and there is a help email and telephone number to support them.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.

This course will be free until November 2024.

Refer a parent on the email address below or tell them to sign up here:
<https://strengthening-families.net/reducing-parental-conflict/>

Further information: Eleni or Antoinette
sfsc-parent@racefound.org.uk
 07708360561 or 07926696502

strengthening families
strengthening communities

[Stronger Relationships courses - Strengthening Families, Strengthening Communities \(strengthening-families.net\)](https://strengthening-families.net)

Stronger Relationships: Online Course

Stronger Relationships Online Course

For parents and other adult carers
living together or apart



- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce arguments



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk

www.strengthening-families.net

strengthening
families
strengthening
communities

Support for Inter-Parental Conflict (SIPCo)

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships



FREE
support
programme
available for
parents in
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

Please contact Gina Pazienza:

 relationships@bristol.gov.uk

 07721 635376

 <https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.

Scan QR code to
find out more



SEND Drop in sessions @ Symes Resource Centre



**SAY SEND Drop in sessions
@ Symes Resource
Centre**

**Do you have a query about special
educational needs or disability?**

Join our **SEND Drop-in** on the **second Thursday** of each month during term-time.

Grab a cuppa and meet other parents and carers.

Discuss your concerns and have your questions about SEND answered by a trained & qualified adviser.

Get support with paperwork, preparing for meetings, understanding SEN Support in school, accessing the help you need, signposting to other useful services ...and lots more!

Come along and find out how your SENDIAS Service (Special Educational Needs and Disability Information, Advice and Support Service) can help you.

**Join us at the Community Room, Symes Community Building,
Peterson Avenue, Bristol, BS13 0BE on the following dates:**

12 January
09. February
20 April
11 May
08 June
13 July

12.00 noon until 1.30 pm. No need to book, just turn up.

The building is accessible and heated. We can help you to access online information. There are toys for pre-school children. If you have any queries, please contact us on mail@sendandyou.org.uk or on 0117 9897725.

To access a map of how to get to @Symes Resource Centre please click [here](#).



SEND and You



SEND and You continue to be open to provide information, advice and support around all things SEND (special educational needs and / or disabilities). We are open from 9.30 – 4.30, all year round. Their website also provides a lot of useful information on various topics -

<https://www.sendandyou.org.uk/>

Contacting SEND and You

October is a busy month for their service, and we have been looking at ways we can reach all their service users as quickly and efficiently as possible, as demand continues to grow.

They aim to respond to all enquiries within two working days.

For first time enquirers, or those who have not contacted them in over 6 months, they will signpost you to the contact form on their website. If you are having issues accessing this, you can still call and leave a message to let them know. Contact form - <https://www.sendandyou.org.uk/contact-us/>

SEND and You are also beginning to arrange bookable 30-minute call backs for their existing service users. The aim will be to make it easier to speak to a trained advisor at a time that suits you. They thank you for your patience while they continue to get this up and running.

SaY Events from September- December.

From experience, SEND and You have found that a lot of their service users will be affected by common topics over the coming months. They have therefore arranged an ongoing series of advice sessions that can be booked for free and attended online. They are hoping to support as many of you as possible to you know your rights and work out your next steps on the following subjects:

- SEND Support in Schools
- Applying for an Education, Health and Care Plan (EHCP)
- Annual Review of an EHCP
- School Exclusions.

Please do visit their EVENTS PAGE (<https://www.sendandyou.org.uk/events-and-bookings/events/>) to book in.

Rainbow Trust Children's Charity



Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a serious illness.

Rainbow Trust pairs each family with an expert Family Support Worker who enables them to make the most of time together, giving them practical and emotional support, whenever they need it, for as long as is needed.

We support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. Support is hugely varied and depends on the needs of the family. It can include:

-  listening to a family's fears and anxieties
-  keeping a seriously ill child company during hospital stays
-  driving families to medical appointments to help save time and money
-  organising fun activities to help sick children, their brothers and sisters
-  support through bereavement and grief.

If you would like any more information, or to make a referral to our service please visit www.rainbowtrust.org.uk/support-for-families/ask-for-support



Registered Charity No. 1070022