



# Families in Focus Bulletin - Part 1

## Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and East Central Services.**

The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 1

**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.



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# Activities for Families



# Your Holiday HUB Bristol

Hundreds of  
holiday activities  
are available  
in Bristol

Eligibility criteria apply



Sports



Day trips

Cookery



Performing  
arts

Crafts

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



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

# **FREE** SUMMER PLAY SESSIONS

Join us and explore a variety of play equipment for hours of creativity and imaginative play. Expect arts and crafts, sports kit, construction materials and an opportunity to prepare your own lunch.

**ALL SESSIONS 10.30AM- 2.30PM**

**GREEN SPACE OUTSIDE  
OLDBURY COURT CHILDREN'S CENTRE  
BS16 2QS**

**MONDAY 24TH JULY: SPACE**  
**MONDAY 31ST JULY: CAMPING**  
**MONDAY 7TH AUGUST: HABITATS**  
**MONDAY 14TH AUGUST: FANTASY**  
**MONDAY 21ST AUGUST: CELEBRATIONS**

Aimed at over 8s, younger children welcome with adult supervision

led by Children's Scrapstore & East Bristol Children's Centre

Fully funded lunch will be provided for the children, with priority given to those on free school meals

Contact - [ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)  
for more information





# SUMMER PLAY SESSIONS



Join us and explore a variety of play equipment for hours of creativity and imaginative play. Expect arts and crafts, sports kit, construction materials and an opportunity to prepare your own lunch.

**ALL SESSIONS 10.30AM- 2.30PM**

**ST ANNES PARK CHILDREN'S CENTRE,  
LICHFIELD ROAD,  
BRISTOL, BS4 4BJ**

**FRIDAY 29TH JULY: SPACE**

**FRIDAY 4TH AUGUST: CAMPING**

**FRIDAY 11TH AUGUST: HABITATS**

**FRIDAY 18TH AUGUST: FANTASY**

**FRIDAY 25TH AUGUST: CELEBRATIONS**

Aimed at over 8s, younger children welcome with adult supervision

led by Children's Scrapstore & East Bristol Children's Centre



Fully funded lunch will be provided for the children, with priority given to those on free school meals

Contact - [ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)  
for more information





St Luke's Lunch Club- 4-11 year olds

Your family is invited to the

# ST LUKE'S LUNCH

Free

Join us this holiday to eat, play and make new friends.

Monday 24th & 31st July  
Wednesday 26th July, 9th & 16th August

Family Cafe 12 - 1.30pm    Travelling Light 1.30 - 3pm\*

Drop in to create your own lunch.

Families only (no drop off), last entry for lunch 1pm. Booking not required.

Fun afternoons of art, craft, drama and play. Spend time with our artists and explore different materials, tell stories and create imaginary worlds.



\*Drop off available for children 7 - 11.

Parents that are willing to participate, can stay with 4 - 6 year olds.

\*Booking required.

St Lukes Church, Church Street, Barton Hill, BS5 9FB  
Crypt entrance, back of the church towards Urban Park

<p>Wednesday 2nd August 12 - 3pm St Agnes Park Big Play Day* Picnic, play, games and St Paul's Adventure Playground Meet us in the park or walk to the park together.</p>	<p>Monday 7th August 12 - 3pm St George's Park Picnic &amp; Play* Picnic, play and games. Meet us in the park or we can walk to the park together.</p>
<p>*Booking required for the picnic</p>	<p>*Booking required</p>

\*Booking is essential for the trips and Travelling light activities. Priority given to families on benefit related free school meals.

Request a space [www.stlukeslunch.home.blog](http://www.stlukeslunch.home.blog)  
or message Amy for the booking form link  
07801 762655 [lunchstlukes@gmail.com](mailto:lunchstlukes@gmail.com)





All Saints Family Café- activities for Primary age.

Your family are invited to the

# ALL SAINTS FAMILY CAFE

Free food available for all the family.  
Activities for primary school aged children.



Play sports and games

Create with crafts

Make new friends

Free food available for  
all the family.


**Tuesdays**  
1st, 8th, 15th, 22nd August

**Thursdays**  
3rd, 10th, 24th August

3pm - 5.30pm  
All Saint's Church  
Grove Rd, Fishponds  
BS16 2BW  
(no religious content)



Booking is essential as space is limited.  
[www.allsaintsfishponds.co.uk/asfc](http://www.allsaintsfishponds.co.uk/asfc) Or  
Message Amy 07749 812131  
[allsaintsfamilycafe@gmail.com](mailto:allsaintsfamilycafe@gmail.com)  
who will send you the booking form link.  
Priority given to families on eligible free school meals.

  @allsaintsfamilycafe

## Barton Hill Summer Programme

# Summer in Barton Hill

Free activities for children and families

Priority spaces for families on free school meals

### Mondays & Wednesday 24th July - 16th August

**12-1.30pm** - Drop in to make your own lunch

**1.30pm - 3pm** - Fun afternoons of art, craft, drama and play.

Booking essential for the play sessions - message Amy or book online [www.stlukeslunch.home.blog/](http://www.stlukeslunch.home.blog/)



St Luke's Church Crypt,  
Church St, BS5 9FB

Amy 07801 762655



stlukeslunch

### Family Centre

**Tuesday 1st August 11.30 - 2pm** - Family Nature Day at Wellspring Family Centre - Lots of activities for all ages, along with some healthy cooking activities preparing lunch.

**Tuesday 15th August 11.30 to 2pm** - Family Picnic and Sports Day at Netham Park. Bring along a picnic, and join in a fun filled day of activities and games for all the family. Snacks provided.

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



Ducie Road  
BS5 0AX

0117 357 4192

**Mondays & Wednesdays 12-4pm** - sports, cooking, trips, nature connection in **Urban Park**.

Children aged 0-16 accompanied by parents/carers

To book contact [bactivityclub@gmail.com](mailto:bactivityclub@gmail.com)



**Thursdays 10am-1pm** - Free play and food @Urban Park, throughout the summer holiday as part of the Bristol HAF programme.

**Contact** - [hdenton@lpw.org.uk](mailto:hdenton@lpw.org.uk) for more information.



**Tuesday 25 July, 15 August, 22 August, 12:00 pm - 16:00pm**

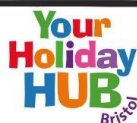
**Thursdays 27 July, 17 August, 13:00pm - 17:00pm**

Barton Hill Urban Park

Free to show up, you can also prebook by contacting:

Contact Mohamed - [bristolsomaliyouthvoice@hotmail.com](mailto:bristolsomaliyouthvoice@hotmail.com)

07576 738583/07449 919302



Department  
for Education



Family Fun at Trinity- 0-11 year olds

# Family Fun AT TRINITY



**10AM - 12PM EVERY FRIDAY  
DURING SUMMER**

**Free sessions with activities available  
for 0-11 year olds**

**Play, sing, share stories, nature play,  
drumming and dance**

Have supportive discussions around  
health, behaviour, infant feeding and  
safety.

Parents / carers are responsible for their  
children at all times during the session.

## **SESSION DATES:**

28 JULY  
4 AUGUST  
11 AUGUST  
18 AUGUST  
25 AUGUST

PARTNERSHIP BETWEEN: CENTRAL BRISTOL CHILDRENS  
CENTRE, LAWRENCE HILL HEALTH CENTRE, TRINITY

# TRINITY:

TRINITY COMMUNITY ARTS, THE TRINITY  
CENTRE, BRISTOL, BS2 0NW  
INFO@TRINITYBRISTOL.ORG.UK 0117 935 1200  
REGISTERED CHARITY NUMBER: 1144770





# Blaise Museum

## WHAT'S COMING UP THIS SUMMER



Museum entry and events are all free - donations welcome

### Family holiday fun

Thurs 3, 10, 17, 24 August, 11am-3.30pm Craft, storytelling, trails and much more!

### Visit the Villa

Kings Weston Roman Villa, Wed 26 July, Sat 29 July, Sat 9 September, 11am-4pm  
Explore a real Roman villa, take a tour and get hands on with artefacts and activities.

### Bristol's Brilliant Archaeology

Sat 16 September, 11am-4pm  
A festival full of family fun with archaeological activities, demonstrations and stalls.

### Blaise Museum

Open Thursday to Sunday, 11am-4pm,

[bristolmuseums.org.uk](http://bristolmuseums.org.uk)

## On the Blaise Estate

### Blaise Community Gardens

Open Mon, Wed and Sat, 10am-2pm

### Blaise Plant Nursery

Open every day, 10am-4pm

### Blaise Castle

See [friendsofblaise.co.uk](http://friendsofblaise.co.uk) for opening times



Supported with public funding by  
ARTS COUNCIL  
ENGLAND





Jumpstart Food and Fitness- 5-11years old

# After school outdoor fun

## Ages 5-11



JUMPSTART  
FOOD & FITNESS



**Tuesdays, 4-5pm**

Find us on the grass next to the  
carpark within the Ledbury Rd flats

Games,  
boxing, forest  
school, food,  
fun and  
friendship for  
primary aged  
kids

**Free!**

*Just come along*

For more  
details text  
Jane: 0775  
123 7049

JumpStart Food and Fitness CIC  
Find us on Facebook and Instagram





Corner of St Mark's Road and Henrietta Street, Easton, Bristol BS5 6HX

## Warm Welcoming space

Saint Mark's Community Café is open on **Wednesdays, Thursdays and Fridays 9.30am - 4pm**, for cakes, tea and coffee, all reasonably priced or FREE (serving hot food from 11.30-2pm).

There is an upstairs room with sofa's, highchairs and plenty of toys. Volunteers are always happy to chat and offer a listening ear.



**Thursday evenings, open 4 - 8pm, for activities, crafts etc, and a hot meal together at 6.30pm all FREE.**

**We offer:** a place to sit, talk, read, crafts, board games, Wifi - charge mobile devices - swop/borrow books, use of washing machine/tumble dryer (please book a 1hr slot), and some Thursdays there will be advisors available to help.

For more information please contact Lesley on 07804 733827 or email: [Lesley@stmarkscommcafe.org](mailto:Lesley@stmarkscommcafe.org)

## Family Cycling Centre



The central graphic features a large blue circle with the text "Bristol Cycling Centre" in white. This circle is surrounded by a ring of small blue silhouettes of people riding bicycles. The background is white with four large, semi-circular shapes in purple, green, pink, and orange, each decorated with bicycle silhouettes. At the bottom left of the graphic is the Bristol City Council logo. Below the graphic is a horizontal bar with nine colored segments: pink, blue, purple, green, teal, light green, purple, blue, and pink.

 [betterbybike.info/bristolcyclingcentre](http://betterbybike.info/bristolcyclingcentre)

 Bristol Cycling Centre

 bristol\_cycling\_centre

 BrisCycleCentre

## Our sessions at Bristol Cycling Centre

**Rock up & Ride** - Ride freely around our track with a wide range of cycles available. Our cycle instructors are on hand to assist if needed.

**Learn to ride** - Adult or child, learn to ride a bicycle with the help of a parent/carer and the support of our cycle instructors.

**Cycle Skills** - Develop your skills such as steering, braking and gears with our cycle instructors' support.

**Family Cycling** - Cycle together as a team. Grow in confidence as a family in our traffic free environment.

**Disability session** - Enjoy a ride around our track with one of our cycles, including a wide range of inclusive cycles.

**Rusty Bikers** - Adult only session. Get your confidence back and get back cycling with the help of our friendly, knowledgeable Bikeability instructors.








# DISABILITY

If you identify as disabled these sessions might be for you, we aim to create a welcoming space that boosts confidence.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



# CYCLE SKILLS


Build upon new skills practicing braking, gears, steering with the help of our instructors. This session is a follow on from Learn to Ride.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## LEARN TO RIDE

This session is for children and adults who are learning to ride. All ages are welcome as it's never too late to learn. It can also be a great opportunity for parents and children to learn about the joy of cycling together.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## ROCK UP & RIDE

This session is open to all ages to ride together as a family, with a friend and/or supporters, or as a lone rider.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



# FAMILY CYCLING


This session is open to all ages, connections and relationships to enjoy cycling together. Our instructors can help you learn to cycle as a team.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



# RUSTY BIKERS

Are you new to cycling? Want to learn to ride as an adult? Or maybe not ridden for years and wanting to practice somewhere safe? Get your confidence back and get cycling with the help of our friendly, knowledgeable Bikeability instructors.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)

**FREE**

# OUTDOOR PLAY SESSIONS



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

Younger siblings welcome with adult supervision,  
led by Children's Scrapstore

## TERM TIME:

**MONDAYS 3:30PM - 5:30PM**

## SCHOOL HOLIDAYS:

**MONDAYS**

**10:30AM - 12:30PM/2.30PM\***

Starting on Monday 20th February 2023

Green space outside Oldbury Court

Children's Centre



**Children's  
Scrapstore.**

 **EBCC**  
East Bristol Children's Centres



Wellspring summer activities

# SUMMER HOLIDAYS

*at the family  
centre*



Monday 24<sup>th</sup>  
July to  
Thursday 31<sup>st</sup>  
August

**TURN OVER  
FOR WHAT'S  
ON!**



Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |  
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400

[www.wellspringsettlement.org.uk](http://www.wellspringsettlement.org.uk) [info@wsb.org.uk](mailto:info@wsb.org.uk)

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 0503149  
and is a charity, number 1103139



<b>Mondays</b>	<p><b>9.30 to 11.00am:</b> drop-in session</p> <p><b>9.30 to 11.00am:</b> stay and play</p> <p>Antenatal session twice a month (book via midwife)</p>
<b>Tuesdays</b>	<p><b>10.00 to 11.00am:</b> baby group</p> <p><b>11.00am to 12.00pm:</b> 1-1 support for baby group parents</p>
<b>Wednesdays</b>	<p>Bookable 1-1 meetings and drop in</p>
<b>Thursdays</b>	<p><b>10.00 to 11.30am:</b> physical activities in Netham Park for the whole family</p> <p><b>1.00 to 2.00pm:</b> baby hub</p>

**Outreach support appointments are available from Monday to Thursday from 9.30am to 3.00pm at your home or place of your choosing**

**Appointments available from Monday to Thursday in the afternoons for extra support or signposting information, get in touch to arrange a 1-1 meeting with a family worker**

Fishponds Family Health and Wellbeing day- 1<sup>st</sup> August

# FISHPONDS Family Health & Wellbeing Day

1st August 2023

11 a.m- 3 p.m



Oldbury Court  
Children's Centre  
BS16 2QS

FREE

## Drop in for

- Meet local GP
- Health Check
- Liver Check
- Mental Health Support
- Early Cancer Awareness
- Dietician

## Other activities & Services

- Bouncy castle
- Crafts for kids
- Dancing & soft play
- Free Bicycle MOTs
- Library Book Bike
- Refreshments & snacks



स्वागत है

خوش  
آمدید

স্বাগতম



For more information

Call 0117 924 7442  
[www.caafihealth.com](http://www.caafihealth.com)





## Bristol Libraries- Opening Times

# Bristol Libraries – opening hours

From 27 June 2022

		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	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	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	11-5	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.





# Baby Bounce and Rhyme



Come along to one of our baby bounce and rhyme sessions with your baby to share favourite nursery rhymes. Sessions last around 30 minutes and are a great place to develop early language skills as well as meet others. Older siblings are welcome too.

Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11.00am
Bedminster 0117 9038529	Wednesday Friday	10.30am & 2.00pm 11am
Bishopsworth 0117 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Bishopston 0117 3576220	Wednesday	11.30am
Central 0117 9037215 All year round!	Monday Wednesday Saturday	10.45am 10.45am 10.45am
Clifton 0117 9038572	Monday Friday	10.30am 10.30am
Filwood 0117 9038581	Wednesday	11.30am
Fishponds 0117 9038560	Tuesday	2.15pm
Hartcliffe 0117 9038568	Monday	2.15pm
Henbury 0117 9038522	Monday	11.30am
Henleaze 0117 9038541	Thursday	2.00pm
Hillfields 0117 9038576	Wednesday	12.00pm
Horfield 0117 9038538	Monday Thursday	11.30am 10.30am
Junction 3 0117 9223001	Monday	2.15pm

Library	Day (Term time only)	Time
Knowle 0117 9038585	Tuesday Thursday	11.30am 11.30am
Marksbury Road 0117 9038574 All year round!	Thursday	2pm
Redland 0117 9038549	Wednesday	11.30am
Sea Mills 0117 9038555	Tuesday	10.45am
Shirehampton 0117 9038570	Thursday	11.00am
Southmead 0117 9038583	Tuesday	11.30am
St George 0117 9038523	Tuesday	11.00am
St Paul's 0117 9145489	Tuesday	2.15pm
Stockwood 0117 9038546	Friday	10.30am
Westbury 0117 9038552	Wednesday	11.15am
Whitchurch 0117 9031185	Wednesday	2.15pm
Wick Road 0117 9038557	Wednesday Wednesday	10.30am 2.00pm







## Story time Sessions

Fun sessions for toddlers from around 18 months. Join us for stories, rhymes and simple craft or colouring activities. Contact individual libraries for details.

Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11am
Bedminster 9038529	Saturday	11am
Bishopston 0117 3576220	Saturday	11.30am
Bishopsworth 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Central 9037215 All year round!	Friday	10.45
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.15pm
Hartcliffe 9038568	Thursday	2.15pm
Henbury	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	12.00pm
Horfield 9038538	Tuesday	11.30am

Library	Day (Term time only)	Time
Junction 3 9223001	Monday	2.45pm
Knowle 9038585	Friday	11.30am
Marksbury Road 9038574 All year round!	Tuesday	10.30am
Redland 9038549	Friday	2.30pm
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.00am
Southmead	Wednesday	11.30am
St George 9038523	Thursday	10.15am
Stockwood 9038546	Tuesday	2.15pm
Westbury 9038552	Friday	11.15am
Whitchurch 9031185	Friday	2.15pm
Wick Road 9038557	Friday	10.30am

**Central  
Library**

# LEGO CLUB

**Love Lego? Come to our Lego Club!**

**14:30pm-15:30pm  
On the 2nd and 4th Saturday  
of every month  
From the 25th of February 2023**

**Suitable for children 4-10 yrs  
Children must be accompanied by an adult**





# Bristol Libraries- Summer Reading Challenge 2023

## Summer Reading Challenge 2023

Get ready for Ready, Set, Read! Arriving in Libraries and online this summer!

Developed in collaboration with the Youth Sport Trust, 'Ready, Set, Read!' will celebrate play and participation and will encourage children to engage in reading, games and sports, in any way that best suits them.

Children are challenged to get reading over the summer holidays. By taking part in the free Challenge, children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer.

The challenge begins in libraries from Saturday 8 July.

Children can also take part online!

### How to take part

Children can join at the library and pick up a Ready, Set, Read! folder or do the digital challenge online or do both!

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 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 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

All of our libraries are now OPEN – 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

Please promote the Summer Reading Challenge in your school or setting and share on your social media channels. Find us on Twitter @BristolLibrary, Instagram BristolLibraries and Facebook Bristol Libraries.





## Barnardos Hype art lab-13+

Believe in  
children  
Barnardos's

**HYPE**  
National Young People  
Library and Learning Support

# WELCOME TO HYPE ART LAB

for young people from 13 +  
(Neurodiverse and Autism friendly)

## WHAT'S INVOLVED

- Drawing
- Printing
- Painting
- Picture making
- Collage
- Making reels (Wed 16th Aug)

## DATES:

Tue 1st Aug 2pm - 4pm  
Wed 2nd Aug 2pm - 4pm and 4.30pm - 6.30pm  
Tue 8th Aug 2pm - 4pm  
Wed 9th Aug 2pm - 4pm and 4.30pm - 6.30pm  
Wed 16th Aug Reel making 4.30pm - 6.30pm

**NO EXPERIENCE NECESSARY  
JUST BRING ENTHUSIASM!**



Email

[J3admin@barnardos.org.uk](mailto:J3admin@barnardos.org.uk) to book your  
place per session or call 07593 685617

● J3 library, 2nd Floor Easton BS5 0FJ



Love Squared summer sessions 12-17year olds.

Cooking workshops  
(ages 12 - 17)  
Spaces available!

**LOVE  
SQUARED**

# Summer Holiday Sessions

## Free Cooking Workshops & More

### Who?

Young people (**age 12-17**) impacted by mental health. The groups are drop-off sessions. If your child is particularly anxious and needs a parent to stay, let us know and we can have a chat.

### When?

**Thurs 3rd August  
10-12.30pm**

**Thurs 10th August  
10-12.30pm**

### What?

Small group cooking workshops for young people with SEMH needs who might be particularly anxious. Learn cooking and baking skills in a warm and nurturing environment, make connections and have fun!

Location: CoExist Community Kitchen, Easton.

## Primary Groups & Workshops

Over summer we are running a range of fun, nurturing groups for primary age children impacted by mental health. Sessions include creative sessions, cooking workshops, dance and gardening! Spaces on our primary groups are limited so get in touch for more information.

### How to book:

If you are interested in booking a space on any of our summer groups & workshops please get in touch with us at:

 [maddie@lovesquared.org.uk](mailto:maddie@lovesquared.org.uk)  0117 366 0079

    
@lovesquaredcharity



Charity registration number: 1198464  
Company number: 08977922

wesport  
Voscur  
In partnership with



Quartet  
Community  
Foundation

  
Garfield Weston  
FOUNDATION

## Unique Voice Summer programme-5-11year olds



We will be delivering Holiday Activity and Food programme (HAF) funded holiday programmes this summer break across Bristol and South Glos. Sessions will be running Tuesdays - Fridays throughout the summer, 10:00 - 2:00pm daily.

Children will be taking part in performing arts, games, crafts and outdoor play. All activities designed to increase confidence, social emotional development and of course play!

- Children are provided with a free hot lunch and snacks each day.
- Places are free and fully funded by Bristol City Council and South Gloucestershire Council.
- Sessions are delivered by UV Youth and Play Worker. Our team has an Enhanced DBS on the update service and receives trauma-informed and safeguarding training.

Unfortunately at this time, we are unable to support children who require 1:1 support at our programmes.

**[To make a referral please click here](#)**

If you have any questions contact Becky, UV Community Manager, at [beckyh@uniquevoice.org](mailto:beckyh@uniquevoice.org)

### Upcoming Summer Programmes

#### Locations

We are running programmes in Eastville, Hillfields, Little Stoke, Mangotsfield, Lockleaze, Patchway and Withywood.

#### Dates

Tuesday 25th - Friday 28th July  
Tuesday 1st - Friday 4th August  
Tuesday 15th - Friday 18th August  
Tuesday 22nd - Friday 25th August

#### Time

10:00am - 2:00pm

#### Eligibility

Children must be aged between 5-11 years and in receipt of benefits-related Free School Meals.

This provision has been supported by funding from Bristol City Council and South Gloucestershire Council via the DfE





## Unique Voice- Hillfields- 5-11 year olds



Unique Voice Holiday Programmes are running this summer break at Minerva Primary Academy.

Children will be taking part in performing arts, games, crafts and outdoor play. All activities are designed to increase confidence, social emotional development and of course play!

- Children are provided with a free lunch and snacks each day.
- Places are free and fully funded by Bristol City Council.
- Sessions are delivered by skilled, DBS checked UV team members.

Unfortunately at this time, we are unable to support children who require 1:1 support at our programmes.

**[To make a referral please click here](#)**

If you have any questions contact Becky, UV Community Manager, at [beckyh@uniquevoice.org](mailto:beckyh@uniquevoice.org)

### Where and When?

Minerva Primary Academy, The Greenway, BS16 4HA

### Dates

Tuesday 25th - Friday 28th July  
Tuesday 1st - Friday 4th August  
Tuesday 15th - Friday 18th August  
Tuesday 22nd - Friday 25th August

### Time

10:00am - 2:00pm

### Eligibility

Children must be aged between 5-11 years and in receipt of benefits-related Free School Meals.

This provision is supported by HAF funding from Bristol City Council via the DfE





Empire Fighting Chance Summer sessions- 8-16year olds

# SUMMER HOLIDAY NON-CONTACT BOXING SESSIONS

**EMPIRE  
FIGHTING  
CHANCE**

**Mixed non-contact boxing sessions with a qualified coach during the summer holidays.**

Young people can learn boxing techniques, improve their fitness levels, and enjoy a fun environment without any physical contact or sparring.

**FREE for any young person aged 8 to 16**

## WHEN?

**School summer holidays 2023**

Monday 31st July to Friday 1st September

Every weekday (Monday to Friday)

at 11:00am - 12:00pm (one hour)

*except Bank Holiday on Mon 28th August*

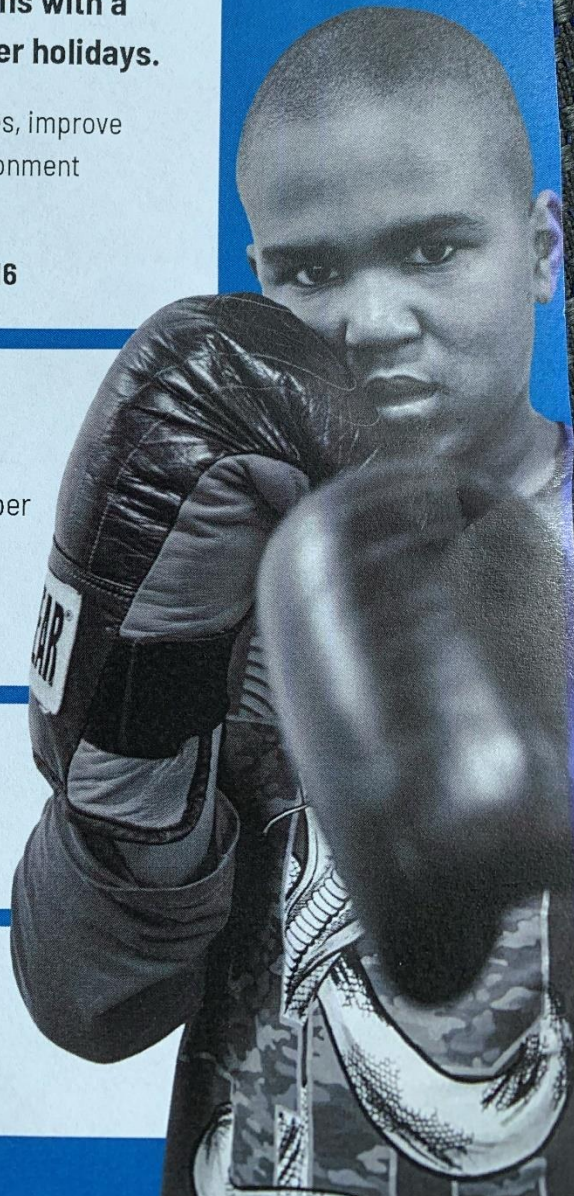
## WHERE?

Empire Fighting Chance, The Mill, Lower  
Ashley Road, Easton, BS5 0YJ

## WANT TO BOOK?








Email [info@empirefightingchance.org](mailto:info@empirefightingchance.org)

Or call 0117 472 5167





# East Bristol Children's Centre Summer Activities

Locations	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oldbury Court</b> Frenchay Road, BS16 2QS 01173532899	 <b>Summer Play Sessions (Drop In)</b> 10.30am - 2.30pm 24th & 31st July, 7th, 14th & 21st August *For school aged children in receipt of income-based Free School Meals. For more information contact EBCC. CLOSED BANK HOLIDAY 28th August	<b>Caffi Family Event (Drop In)</b> 11am - 3pm 1st August All ages welcome	<b>Baby Hub (Drop in)</b> 9.30am - 11am 26th July, 2nd, 9th, 16th, 23rd & 30th August <b>Family Nature Explorers (Drop In)</b> 1pm - 2.30pm 26th July, 2nd, 9th, 16th, 23rd & 30th August All ages welcome	<b>Food Club (Drop In £)</b> 1pm - 3pm 27th July, 3rd, 10th, 17th, 24th & 31st August	
<b>St. Anne's Park</b> Lichfield Road, BS4 4BJ 01173773189	CLOSED BANK HOLIDAY 28th August		<b>Baby Hub (Drop in)</b> 10am - 11.30am 1st, 2nd, 3rd Wednesday of the month <b>Summer Cooking (Booking)</b> 9.30am - 11.30am 2nd, 9th, 16th & 23rd August All ages welcome	<b>Family Fun Day (Drop In)</b> 10am - 12pm 27th July, 17th & 24th August All ages welcome	 <b>Summer Play Sessions (Drop In)</b> 10.30am - 2.30pm 28th July, 4th, 11th, 18th, 25th August *For school aged children in receipt of income-based Free School Meals. For more information contact EBCC.
<b>Broomhill</b> Fermaine Avenue, BS4 4UY 01173534276	CLOSED BANK HOLIDAY 28th August	<b>Baby Building Blocks (Drop In)</b> 1pm - 2.30pm 25th July, 1st, 8th, 15th, 22nd & 29th August Ages 0 - 12 months	<b>Summer Cooking (Booking)</b> 1pm - 3pm 2nd, 9th, 16th & 23rd August All ages welcome	<b>Family Fun Day (Drop In)</b> 10am - 12pm 3rd, 10th & 31st August All ages welcome	
<b>Speedwell</b> Speedwell Road, BS5 7SY 01179030206	<b>Baby Hub (Drop in)</b> 9.30am - 11am 24th & 31st July, 7th, 14th & 21st August CLOSED BANK HOLIDAY 28th August	<b>Baby Building Blocks (Drop In)</b> 10am - 11am 25th July, 1st, 8th, 15th, 22nd & 29th August Ages 0 - 12 months		<b>Baby Hub (Drop In)</b> 9.30am - 11am 27th July, 3rd, 10th, 17th, 24th & 31st August	
<b>Community</b>	CLOSED BANK HOLIDAY 28th August	<b>Mini Explorers (Drop In)</b> Hillfields Community Garden 10am - 11am 25th July & 29th August Ages 2 - 4 years <b>Food Club (Drop In £)</b> St. Peter's Church, BS4 4NZ 12.30pm - 2.30pm Every Tuesday	<b>Family Fun in the Park (Drop In)</b> St George's Park, BS4 7AA 26th July & 9th August 10am - 12pm All ages welcome <b>Stay &amp; Play (Drop In)</b> The Haven at Speedwell, 378 Speedwell Road 10am - 11.30am, Every Wednesday Ages 0 - 5 years		<b>Food Club (Drop In £)</b> The Haven at Speedwell, 378 Speedwell Road 12.30pm - 2.30pm Every Friday

## East Bristol Children's Centre Support



# We're here for you



East Bristol Children's Centres provides a range of services for children and families all year round. To help you lead a happy, healthy family life we offer:

Groups for  
under 5's

Help  
accessing  
food

Financial  
support

Family  
holiday  
play

SEND  
support

Adult  
learning

Parenting  
courses

### Oldbury Court

Frenchay Road  
BS16 2QS  
0117 3532899

### Speedwell

Speedwell  
Road  
BS5 7SY  
0117 9030206

### Broomhill

Fermaine  
Avenue  
BS4 4UY  
0117 3534276

### St. Anne's Park

Lichfield Road  
BS4 4BJ  
0117 3773189

### Keep in touch

Sign up for our newsletter: [www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)



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



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



[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)



## Cooking with Children



## Cooking with Children

**STARTS Wed 2<sup>nd</sup> August – Wed 23<sup>rd</sup> August**

**Kingfisher Primary School, BS4 4BJ 9:30am to 11:30pm**

**Broomhill Children's Centre, BS4 4UY 1pm to 3pm**

**Come and enjoy cooking with your children on this FREE course. We will be cooking tasty, healthy recipes for yourself and your family.**

**This course runs every Wednesday for 4 weeks and booking is essential.**

**Contact: Catherine Landon Phone: 07785 702454**

**Eligibility: Adults 19+ with few qualifications**



**COMMUNITY  
LEARNING**

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

## Central Bristol Childrens Centre Summer programme



### Central Bristol Children's Centre - Summer Fun 2023

Email: [cbcc@bristol.gov.uk](mailto:cbcc@bristol.gov.uk) Facebook: [Central Bristol Children's Centre](#) Web: [centralbristolcc.co.uk](http://centralbristolcc.co.uk)

Monday 24 <sup>th</sup> July	Tuesday 25 <sup>th</sup> July	Wednesday 26 <sup>th</sup> July	Thursday 27 <sup>th</sup> July	Friday 28 <sup>th</sup> July
Drop in at Wellspring 9:30-11am  Family Fun at St Pauls 0-8 years 10-12pm	Baby Group at Wellspring 9:30-11am	St Georges fun in the park 10-12 – run with EAST CC Toddler Yoga under trees Boogie Disco  Baby Hub at Bannerman 1-2:30pm	Activities in The Park for the whole family run by Wellspring 10-11:30  Baby Hub at Wellspring 1-2pm Baby Hub at St Pauls 1-2:30pm Baby Hub at Hope Chapel 1-3pm	Family Fun at TRINITY and Baby Hub 0-8 years 10- 12 pm Drumming workshop
31 <sup>st</sup> July	1 <sup>st</sup> August	2 <sup>nd</sup> August	3 <sup>rd</sup> August	4 <sup>th</sup> August
Drop in at Wellspring 9:30-11am  Family Fun at St Pauls 0-8 years 10-12pm Boogie Disco	Baby Group at Wellspring 9:30-11am  Family fun at Bannerman 10-12pm 0-8 years	Baby Hub at Bannerman 1-2:30pm	Activities in The Park for the whole family run by Wellspring 10-11:30  Baby Hub at Wellspring 1-2pm Baby Hub at St Pauls 1-2:30pm Baby Hub at Hope Chapel 1-3pm	Family Fun at TRINITY and Baby Hub 0-8 years 10-12 pm Dance movement Photographer
7 <sup>th</sup> August	8 <sup>th</sup> August	9 <sup>th</sup> August	10 <sup>th</sup> August	11 <sup>th</sup> August
Drop in at Wellspring 9:30-11am  Family Fun at St Pauls 0-8 years 10-12pm	Baby Group at Wellspring 9:30-11am	St Georges fun in the park 10-12 – run with EAST CC Toddler Yoga under trees Boogie Disco  Baby Hub at Bannerman 1-2:30pm	Activities in The Park for the whole family run by Wellspring 10-11:30  Baby Hub at Wellspring 1-2pm Baby Hub at St Pauls 1-2:30pm Baby Hub at Hope Chapel 1-3pm	Family Fun at TRINITY and Baby Hub 0-8 years 10-12 pm Dance movement
14 <sup>th</sup> August	15 <sup>th</sup> August	16 <sup>th</sup> August	17 <sup>th</sup> August	18 <sup>th</sup> August
Drop in at Wellspring 9:30-11am  Family Fun at St Pauls 0-8 years 10-12pm Boogie disco	Baby Group at Wellspring 9:30-11am  Family fun at Bannerman 10-12pm 0-8 years	Baby Hub at Bannerman 1-2:30pm	Activities in The Park for the whole family run by Wellspring 10-11:30  Baby Hub at Wellspring 1-2pm Baby Hub at St Pauls 1-2:30pm Baby Hub at Hope Chapel 1-3pm	Family Fun at TRINITY and Baby Hub 0-8 years 10-12 pm boogie disco Photographer
21 <sup>st</sup> August	22 <sup>nd</sup> August	23 <sup>rd</sup> August	24 <sup>th</sup> August	25 <sup>th</sup> August
Drop in at Wellspring 9:30-11am  Family Fun at St Pauls 0-8 years 10-12pm	Baby Group at Wellspring 9:30-11am	Baby Hub at Bannerman 1-2:30pm	Activities in The Park for the whole family run by Wellspring 10-11:30  Baby Hub at Wellspring 1-2pm Baby Hub at St Pauls 1-2:30pm Baby Hub at Hope Chapel 1-3pm	Family Fun at TRINITY and Baby Hub 0-8 years 10-12 pm Drumming workshop





## Central Bristol Children's Centre - Summer Fun 2023

Email: [cbcc@bristol.gov.uk](mailto:cbcc@bristol.gov.uk) Facebook: [Central Bristol Children's Centre](#) Web: [centralbristolcc.co.uk](http://centralbristolcc.co.uk)

### Family fun at Trinity

10-12 every Friday during summer (Drop in, no need to book) 28<sup>th</sup> July, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> August. Free sessions with activities available for 0-8yrs. Play, sing, share stories, nature play, drumming and dance. Have supportive discussions around health, behaviour, infant feeding and safety.

**Parents/carers are responsible for their children at all times during the session.**

Partnership between: CBCC, Lawrence Hill Health Centre, Trinity Further information/any questions contact CBCC on 0117 9030337

### Family Fun at St Georges Park

10-12 pm Wednesday 26<sup>th</sup> July and Wednesday 9<sup>th</sup> August (drop in, no need to book) Free sessions with activities available for 0-8 years Play, sing, toddler yoga under the trees, boogie disco for all. Partnership between: Central and East Bristol Children's Centre.

**Parents/carers are responsible for their children at all times during the session.**

Further information/any questions contact the children's centre – Central 0117 9030337 or East 0117 353 2899

### Family Fun at St Pauls Children's Centre (Family Hub)

10-12 every Monday during the summer (drop in, no need to book) 24<sup>th</sup>, 31<sup>st</sup> July, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> August Free sessions with activities available 0-8 years. Play, sing, boogie disco/toddler yoga and much more

**Parents/carers are responsible for their children at all times during the session.**

Further information/any questions contact CBCC on 9030337

### Family Fun at Bannerman Road Children's Centre

10-12 pm Tuesday 1<sup>st</sup> and Tuesday 15<sup>th</sup> August (drop in, no need to book) Free sessions with activities 0-8 years.

Play, sing, boogie disco/toddler yoga and much more

**Parents/Carers are responsible for their children at all times during the session.**

Further information/any questions contact CBCC 0117 3532081

**Wellspring Settlement Family Centre** Ducie Road, BS5 0AX Email: [info@wsb.org.uk](mailto:info@wsb.org.uk) Web: [wellspringsettlement.org.uk](http://wellspringsettlement.org.uk)

Further information/any questions call 0117 955 6971

*Services and  
opportunities for  
Parents/Carers*



## **NSPCC Online Safety Workshops for Parents & Carers**

The NSPCC Online Safety Workshop for Parents & Carers can be delivered online or face to face and is tailored to meet the needs of the audience.

The workshop has some core content, which consists of general online safety information for parents and includes:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent
- Sources of help/support

In addition, we have content on the following topics:

- Gaming
- Grooming
- Livestreaming
- Mental health and well being
- Modelling good behaviour
- Online bullying
- Online challenges, hoaxes and scams
- Online dating
- Online friendships
- Online pornography
- Parental controls
- Persuasive design and screen time vs screen use
- Sharing nudes
- Social media

For a 30minute webinar/workshop, we suggest having the general presentation and a focus on 2 of the themed topics. For up to 5 themed topics the session is 1 hour. If you are interested in booking a workshop, please state which topics you would like us to include and some suggested dates/times.

Our workshops are delivered free of charge.

For further information or to book a workshop, please contact: [parentworkshops@nspcc.org.uk](mailto:parentworkshops@nspcc.org.uk)



## One Front Door

# Looking for a simple route into work or training?



One Front Door can help you:

- Find the right job
- Find training and education
- Learn new skills
- Find volunteering or apprenticeship opportunities

Our coaches will help you create an action plan, build your confidence and achieve your goals!

We also help employers and training providers to advertise vacancies and courses.

Visit: [onefrontdoor.org.uk](https://onefrontdoor.org.uk)

Call us today: **0117 922 3440**

Email: [onefrontdoor@bristol.gov.uk](mailto:onefrontdoor@bristol.gov.uk)



8D19922

The One Front Door Project aims to support Bristol residents who need employment support, advice and guidance. We can also signpost

recommendations around other issues including Mental Health, Wellbeing, Financial problems and a wide range of other topics. One Front Door can work with anyone in Bristol and priority is given to those who are unemployed.

If you are unemployed, we can help you consider your work and training options and help you find out about the support services available in Bristol.



Community Children's  
Health Partnership



East &  
Central Bristol  
Early Years  
Speech &  
Language  
Therapy Team

Early Years  
Telephone  
Drop-in

**0300 125 6904**

**Tuesdays 9.30am-12pm**  
(during term time)

Telephone advice  
session for parents  
of children  
aged 0-4 years  
living in Bristol  
(pre-school)



Call to chat to  
one of our Speech &  
Language Therapists for  
advice and find out about  
available support.



The phone lines can  
get busy, but please  
do call back!

Service provided by:

**Sirona**  
care & health





## Do you know someone who struggles to read?

**Read Easy provides free and confidential one-to-one reading coaching for adults.**

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more,  
please contact:

**07907491414**

**[bristolnetworker@readeasy.org.uk](mailto:bristolnetworker@readeasy.org.uk)**

**[readeasy.org.uk](http://readeasy.org.uk)**



# NEW SEND PARENT CARER NURTURE GROUPS



Starting this September: 8 sessions to build emotional wellbeing and friendship amongst SEND parents

For LGBTQ+ parents: Mondays-8-9:30pm, Fishponds

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For Somali Parents: Tuesdays 10.00-11:30am, Barton Hill

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For all parents: Tuesdays 1.00-2:30pm, Lockleaze

---

For all parents: Wednesdays 10.30-12.00pm, Hartcliffe



FOR MORE INFO AND TO BOOK VISIT  
[MURMURATIONCOMMUNITYTHERAPY.COM](http://MURMURATIONCOMMUNITYTHERAPY.COM)

# ESOL CONVERSATION CLUB



Drop in session  
for adults

Practise speaking  
English in a relaxed  
and friendly  
environment



Weekly on Wednesdays

\*Starting the 22nd of February 2023

3:45pm - 4:45pm

Bishopston Library



# IT Buddy Support

- Bedminster Library** - Monday 5:30pm-6:30pm, Wednesday 5:30pm-6:30pm & 1st Friday of every month 11:30am-12:30pm
- Bishopston Library** - Saturday 2pm-3pm & Thursday 2pm-4pm
- Central Library** - Monday 11am-12pm, Wednesday 2pm-3pm
- Fishponds Library** - Tuesday 11am-12pm
- Henbury Library** - Wednesday 3pm-5pm
- Henleaze Library** - Alternate Tuesdays 2pm-4pm
- Horfield Library** - Saturday 3:30pm-4:30pm
- Junction 3 Library** - Tuesday 2:30pm-4:30pm
- Sea Mills Library** - Wednesday 2pm-4pm
- St George Library** - Tuesday 10:30am-12:30pm
- St Paul's Library** - Saturday 11:30am-12:30pm
- Westbury Library** - Wednesday 1pm-3pm

IT Support sessions are FREE!

Do you need support with writing an email or filling in an online form? Come to one of our 1-1 IT Buddy sessions!

Please contact your local library for more information







**A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens**

# strengthening families strengthening communities

Really helpful tools for supporting my child and building a happy home full of love and respect

**Starts Wednesday 20th September, and runs for 13 weeks**

**9.30am - 12.30pm**

**Wellspring Settlement  
43 Ducie Road, Bristol,  
BS5 0AX**

**For more information or to book, call Sally on 0117 955 6971 extension 161**

**Professionals: find a referral form at <https://form.jotform.com/222903517095355>**

**Parents: self refer here**



Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |  
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400

[www.wellspringsettlement.org.uk](http://www.wellspringsettlement.org.uk) | [info@wsb.org.uk](mailto:info@wsb.org.uk)

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499, and is a charity, number 1103139

putting your  
**FAMILY'S HEALTH**  
at your fingertips

**FREE** online course for families  
to log on to healthy habits.

Live stream our expert family nutritionists to the comfort of your own home! We are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks up our sleeves to help you and your kids make healthier choices, and then turn them into habits for a healthier, happier life!

BeeZee Families Live is a free, 10 week course of online webinars for children (5-12yrs) and their families to learn about healthy lifestyles.

**SIGN UP FOR FREE!**

 [beezeebodies.com/familieslive](https://beezeebodies.com/familieslive)

 03308 186308

 @beezeeamilies

 BeeZee Families



\*eligibility criteria applies, see website for details





Support for parents of SEN Children and young people

# Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

## SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

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

[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)



## Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.



Sign up to the mailing list



## FLORA

Families Local Offer Resources and Advice:  
A free helpline for early support with your child's additional needs  
0117 352 6020  
[flora@bristol.gov.uk](mailto:flora@bristol.gov.uk)



The person responsible for SEN, normally referred to as the **SEND Coordinator or SENDCo**

at your child's nursery, school or college can help you to understand the settings SEN policy and the help that can put in place to support your child.

**SEND Parent Carer and Community groups who may be able to offer further support**





## SEND and Community Support Groups



**Autism Independence** is a Bristol-based organisation which works with families and local authorities to help transform the lives of children with autism



**Bristol Autism Support** provide information, support and training for parents and carers of autistic children in BS postcodes. Parents and carers do not need a diagnosis for their child in order to access our services.



**Bristol Parent Carers** An independent charity run by parent carers for parent carers; providing signposting information for parents/carers of children and young people with SEND. They work with local SEND services to ensure that they are able to meet the needs of local families & hearing your feedback is an important part of that.



**Bristol Black Carers** provide culturally appropriate support and services for young and adult carers from the Caribbean, African and Asian communities and their families across Bristol.



**Barton Hill Activity Club** Young kids: we offer a number of activities/ holiday/ half term activities. Families/residents with language barriers we provide support with communication. Elderly: shopping, errands deliver medication, fill in forms



**Extraordinary Links** Create a safe environment for families to enjoy time together and build a support network for the entire family. We encourage parents of a disabled child to bring all children, as siblings need support too!



## SEND and Community Support Groups



**Gympanzees** fun & fitness for children and young people with disabilities. Pop Up play centres during Easter & Summer holidays, with multiple interactive rooms, different session types & specialist disability equipment. Equipment lending service for families & an online resource hub full of ideas & activities to support disabled children to get active & encourage play & learning at home.



**Incredible Kids** Offer inclusive play sessions in Bristol. Whether you are looking for support, advice, friendship or fun inclusive family play you will find something for everyone in your family at Incredible Kids.



**Ignite Bristol** a movement to get more Disabled people active in Bristol. A place to showcase inclusive activities for participants & a new network of individuals, clubs & organisations working together to make Bristol a more disability inclusive, active city.



**Khaas** Offer recreational, respite & educational activities for children & their families, alongside support, information & advice. Culturally competent to working with the BAME community and have the skills and knowledge to deliver services that meet the needs of the community



**Mothers For Mothers** Are women with lived experience offering Information Advice & Support on perinatal mental health. If you're experiencing anxiety, depression, distress and/or isolation during pregnancy and/or after the birth of your baby - REACH OUT to us for immediate support. We offer SEND support to families.

Please drop into our peer support groups for an informal session with a SEND Support Worker



**Murmuration Community Therapy** runs nurture groups - 8 week-courses supporting the mental health & social connections of SEND parents, leaving them with an ongoing network of support. For parents of children with any disability or at pre-diagnosis stage.



## SEND and Community Support Groups



**National Autistic Society (Bristol Branch)** is run by a small group of volunteer parents, carers and friends of people on the autism spectrum who give their time and energy to support autistic people and their parents/carers.



**NeonDaisy** helps girls who are identified as autistic to make connections with each other. We also inspire & inform professionals and families about neurodiversity to build better support, sooner



**Nothing Special** an interactive group set up to help those who wish there was something out there for their young person. If you can't find it's not out there, create it and make it happen



**SENSE** Believe everyone should be able to take part in life, no matter their disability. Our work helps thousands of people who are deafblind or who have complex disabilities to communicate, experience the world and fulfil their potential.



**Somali Resource Centre** Help Somalis to access mainstream services and navigate complex UK systems so that we creating a healthy, vibrant Somali community, integrated into British society as active social and economic participant.s



**FACE** is a youth and community charity commissioned to coordinate the Bristol Autism Project for Bristol City Council. BAP provides holiday-time activities for autistic children or those with Social, Communication and Interaction Needs aged 4-18 and their families (parent or trusted adult must attend). Families must be registered with BAP to receive programmes and booking details.

**For more information about these and other SEND groups and activities see Bristol's Local Offer Website and Facebook page**



## SEND and Community Support Groups



**Family Centre, Deaf Children** Provide information, advice & a sense of community to deaf families. We run workshops, BSL courses & provide social, emotional, & educational support for the whole family together with recreational activities & opportunities for the children.



**Ups and Downs Are a Down Syndrome** support charity serving children & young people, their parents/carers & all linked professionals dealing with the health and education of children and young people who have Down Syndrome



**WECIL** support families with Disabled Children through drop off & family evening & weekend activities designed around the child or young persons interests & needs as well as support & guidance for any areas that families may be struggling with. Every question, issue, frustration or query is valid. We work closely with you and offer support on what matters to you & to find practical & realistic solutions.

## Support From Bristol City Council Teams



### **Family courses offered by the Bristol Autism Team**

BAT support children and young people who have a formal diagnosis of autism and those on the pathway to diagnosis. BAT also support families of children who have a diagnosis of autism or are going through the assessment process & have social communication and interaction needs



### **Family courses offered by the Families in Focus team**

Families in Focus offer a range of parenting courses for parents of children aged 3 to 17 . All courses are free, term time only and unless stated are available to Bristol Parents and Carers



**What help should I expect from my school or setting** . This guide describes the provision that is expected to be made for children & young people with SEND in Bristol schools and educational settings. It sets out the approaches that should be in place for all CYP with SEND in mainstream schools and EY settings. It also describes the provision that should be in place for CYP with different types of SEND.



ARA Recovery for all Gambling Service- Gambling and gaming harms within the LGBTQ+ Community.



## Gambling & Online Gaming Harms in the LGBTQ+ Community

Discover the Impacts of Gambling and Gaming within the LGBTQ+ Community.

Join us for a 90-minute online workshop, as we explore the critical issues surrounding gambling and online gaming harms within the LGBTQ+ community.

Our workshop will provide awareness training on the dangers of gambling and digital harms, and examine the risk factors involved, while also providing support, advice, and signposting.

We are thrilled to have a special guest who will be sharing her personal story of the negative effects of gambling as a transwoman, followed by a Q&A session.

Our informative session is tailored for both young people and adults, and we are pleased to offer two identical events:

For the event on **May 16<sup>th</sup> - 10am to 11:30am** click [here](#)

For the event on **May 24<sup>th</sup> - 10am to 11:30am**, click [here](#)

As an organisation committed to providing free, confidential advice and addiction support for anyone affected by gambling problems in Wales and the South West, Ara - Recovery 4 All welcomes you to join us.

To learn more, visit our website at [www.recovery4all.co.uk](http://www.recovery4all.co.uk)

We can't wait to see you there!

For more information, please contact [katehicks@recoveryall.co.uk](mailto:katehicks@recoveryall.co.uk)



## Home Start Bristol



We have two groups currently running in East Bristol

### Drop in for parents of multiples

First Friday of every month 10 – 11.30 at Oldbury Court Children's Centre

These groups are an informal place for parents and children to meet, share ideas, discuss some of the particular challenges of being the parent of multiples, enjoy activities, snacks and story time together and develop a support network.

### Mums in Mind

A new group starts in June and runs from Monday 5 June – 17 July. 1 – 2.30 at St Anne's Children's Centre.

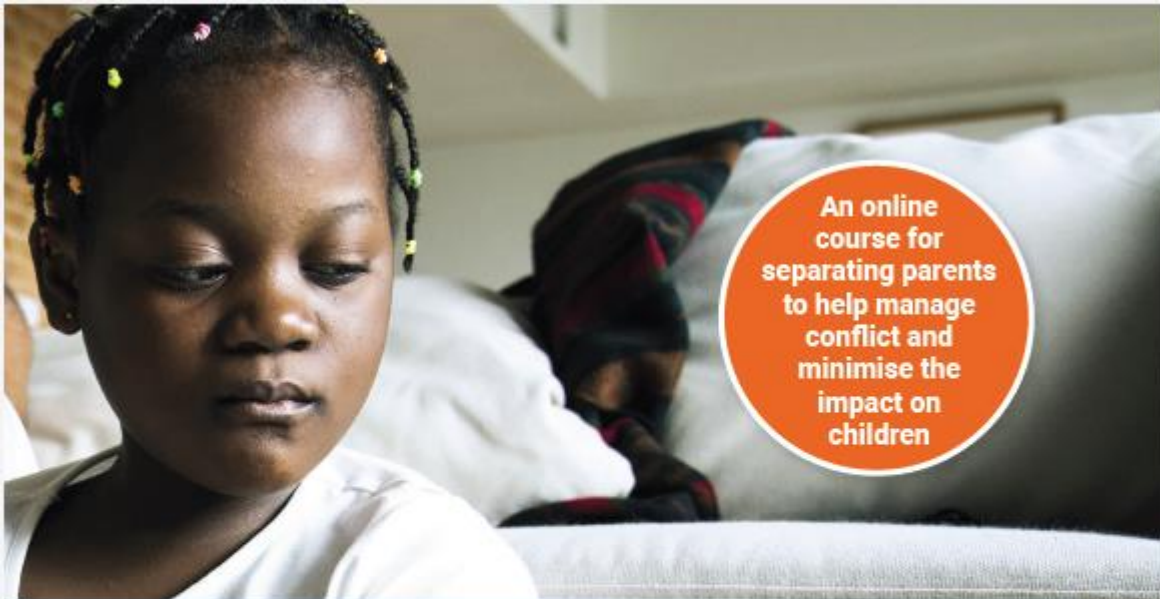
This is a new peer support group for women who are feeling anxious, isolated and are struggling in baby's first two years. The Mums in Mind groups are being developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for eight weeks and are by referral only parents can also self-refer.

### 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.

To make a referral or refer yourself for home visiting or to either of the groups please see the website: <https://homestartbristol.org.uk/referrals/>





An online course for separating parents to help manage conflict and minimise the impact on children

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

*Getting it right for children* is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

### You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

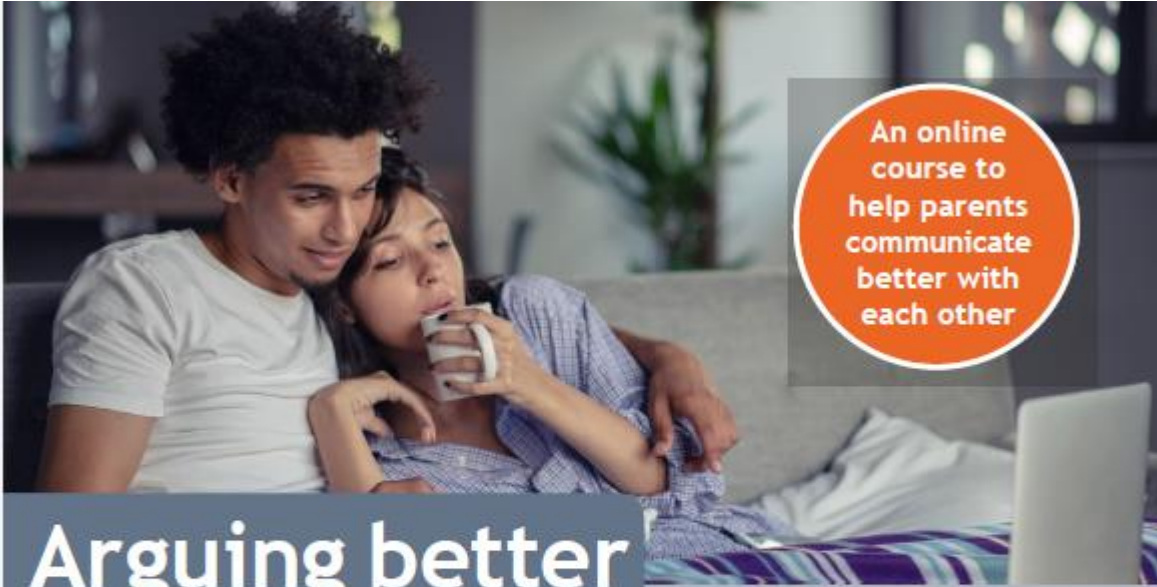
To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.





An online course to help parents communicate better with each other

# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

### You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

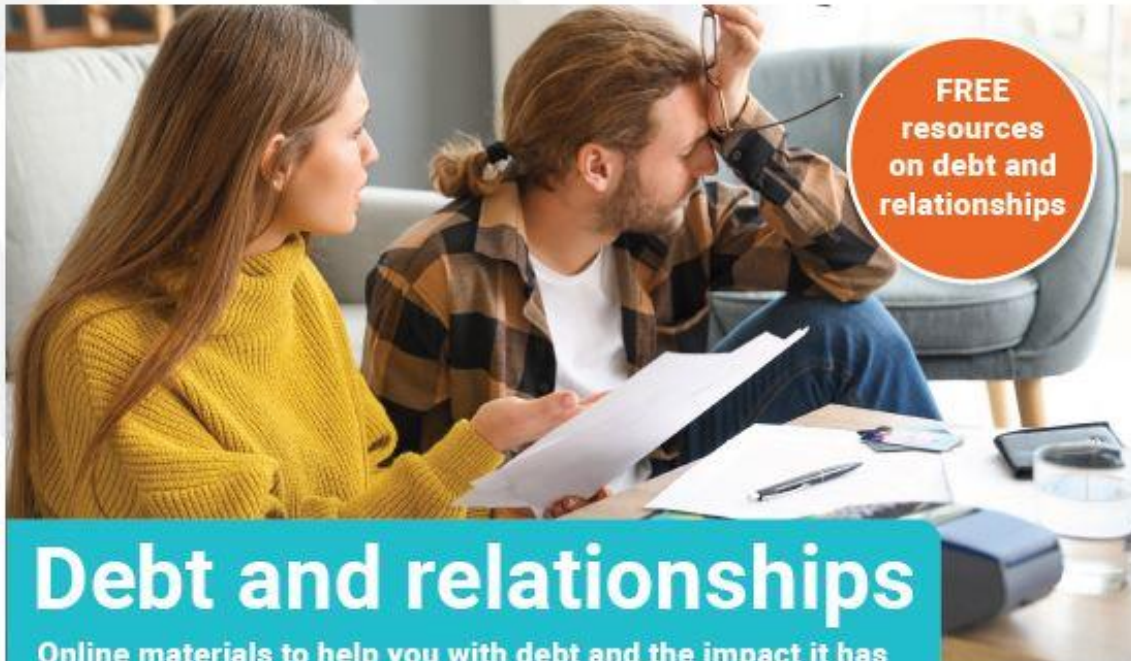
To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

## One Plus one- Debt and Relationships



**FREE**  
resources  
on debt and  
relationships

# Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

**Debt and money troubles are among the biggest causes of relationship stress.**

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

 **oneplusone**



## Support for Inter-Parental Conflict (SIPCo)

### A Project to Improve Parents' Relationships

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? If so, then this SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Bristol who:

have a **child aged 8-14**

are **getting into conflict** with a partner or ex-partner

are **willing to try something new** to help reduce their conflict.

This project (called SIPCo) aims to help you learn how to reduce the amount of conflict between you and your partner, or your ex.

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.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

**If you are interested, please get in touch using the details below. Referrals are open now.**

**Gina Pazienza**

**Email address: [relationshipsmatter@bristol.gov.uk](mailto:relationshipsmatter@bristol.gov.uk)**

**Parents!**

## **WORRIED ABOUT YOUR CHILD USING ALCOHOL AND OTHER DRUGS THIS SUMMER?**

Summer holidays are a time for fun and activities for young people, but it does mean a lot more time away from adult eyes. If you are worried that your child might be drinking or using drugs this summer we are here to help.

We can meet with your young person flexibly, promptly and in a place that suits them. We can discuss their use with them and guide them to access further support if they need it.

This can be a tricky period for you as a parent too, so we can also support you to access help through our partner organisation DHI's Family Support and Webfam services.

**Call: 0117 987 6008**

**Email: [info@bdp.org.uk](mailto:info@bdp.org.uk)**



*Services and  
opportunities for  
young people*

# 11-19 YEARS OLD?

We help young people with  
all kinds of things like ...



Message us for confidential  
advice and support and to  
chat with a School Nurse.



Send a message to:  
**07312 263093**

The service is open on Monday to Friday from 9am-5pm.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps) Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

Service provided by





## Recovery For All

Ara are the National Gambling Treatment Service provider for Wales and the South West. We provide free, confidential treatment and support to anyone in Wales or the South West of England affected by gambling harms. The support available includes free advice, information, 1:1 counselling, peer and group support.



[www.recovery4all.co.uk](http://www.recovery4all.co.uk)

**0330 1340 286**

### The Six To Ten Project

Six To Ten supports anyone impacted as the result of another person's gambling. With 12 weeks of FREE one-to-one support, we can help with finances, housing, health, relationships, legal, career and training, and much more.

For affected others help:

Phone: 03301241274

Email: [info@thesixtoten.co.uk](mailto:info@thesixtoten.co.uk)

Website: [www.thesixtoten.co.uk](http://www.thesixtoten.co.uk)



### Young People's Gambling Harm Prevention

We deliver the Young People's Gambling Harm Prevention Programme in partnership with Gamcare. We offer FREE workshops for young people aged 10-19 and FREE CPD accredited workshops for the professionals who work with them. Workshops are ideal for school lessons, assemblies, and other types of youth-focused sessions.

For more information, please email:

[rachelbonser@recovery4all.co.uk](mailto:rachelbonser@recovery4all.co.uk)



## BDP- M32 Youth Groups

### M32 Youth Groups @ BDP Summer 2023

The groups are an opportunity for young people aged 5-16, who have parents who use alcohol or other drugs problematically, to have respite from the family situation, a time for fun and exploring new activities as well as building confidence and resilience.

The groups are open to children and young people from across the city and free transport is provided to pick them up and take them home.

The groups are held on Mondays after school from 4.45 to 6.45 pm. They meet twice a month for the 5-10 year olds and monthly for those aged 11-16. There is always a chance to have food together, followed by opportunities for arts and crafts, physical activities and learning new skills. There is always someone to talk to if a young person also wants some time out.

*Please contact us if you want more information, or to refer a young person ,on:*

*0117 987 6009.*

YOUTH GROUP



Travelling Light Youth Theatre

# Travelling Light Youth Theatre

Just bring your imagination

“ I think the  
most important  
thing is the  
creativity of it. ”

Youth Theatre member

**Create | Perform | Tell Your Story**

Weekly sessions for ages 7–19





## Weekly youth theatre groups for ages 7-19 at our studio in Barton Hill, Bristol.

Each group offers a space for play, creativity, new experiences, friendships, and fun. No experience or audition necessary, these groups are open to everyone and provide a safe space for young people to express themselves each week.

- Create and perform your own work. We are a devising company which means you shape the stories we tell together.
- Connect with friends, discover new skills and have fun.
- Experience working with professional directors, designers and choreographers.

**“ My son's confidence has grown hugely during his time with Travelling Light, and I think as a result he's more likely to have a go at other similar activities at school and so on. ”**

Youth Theatre parent

Travelling Light Studio, Wellspring Settlement, Barton Hill, Bristol, BS5 0AX

Free or reduced cost places available for families on low incomes.

For more information and to find out how to join, email [takepart@travellinglighttheatre.org.uk](mailto:takepart@travellinglighttheatre.org.uk) or call/text 07305008789.

### About Travelling Light

We create outstanding theatre for and with young people that inspires their thinking, engages their emotions and fires their imaginations. Since 1984 we have sparked the creative journey of over one million young people in our locality of Barton Hill, throughout Bristol and beyond.

[travellinglighttheatre.org.uk](http://travellinglighttheatre.org.uk)  
[travellinglighttheatre](https://www.facebook.com/travellinglighttheatre)  
[tl\\_theatre](https://www.instagram.com/tl_theatre)

The  
Coutts  
Foundation



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

Registered Charity Number: 1065012



## Mencap- youth club

ARE YOU A YOUNG PERSON WITH LEARNING DISABILITIES  
AGE 16 TO 24?

DO YOU LIVE IN AND AROUND BS7 AND BS2?

WOULD YOU LIKE TO HAVE FUN AND  
MEET OTHER YOUNG PEOPLE IN YOUR AREA?



SENDaWelcome  
**Youth  
CLUB**  
adventure

*Then we have  
something  
for you!*

From  
Wednesday  
22 March

at St Paul's Adventure Playground  
Fern St, St Paul's, Bristol BS2 9LN

SESSIONS INCLUDE: A CREATIVE WELLBEING  
ACTIVITY SUCH AS ART, MUSIC, DANCE OR DRAMA  
CHANCE TO HANG OUT WITH FRIENDS AND  
SOCIALISE, COOKING AND OTHER ACTIVITIES,  
SNACKS

6.30pm - 8.30pm term time 6pm - 8pm school holidays

10 places available

£3 per session (subsidised places available)

To register for your place & discuss your needs  
email: [sendawelcome@gmail.com](mailto:sendawelcome@gmail.com)



More Than Music

# MORE THAN MUSIC



FREE music and  
media sessions in  
a fun & supportive  
space!



TUESDAYS | 5:30PM -  
7:30PM (8-11 YR OLDS)  
@ DOCKLANDS

WEDNESDAYS | 6:30PM  
- 8:30PM (12-16 YR  
OLDS) @ DOCKLANDS

THURSDAYS | 7PM -  
9PM (17-21 YR OLDS)  
@ DOCKLANDS

GET IN TOUCH ON;  
INSTAGRAM  
@ACE\_CIC  
WHATSAPP  
07342369623  
EMAIL  
INFO@ACECICTEAM.  
COM



## Prince's Trust- Get Started with Cooking



# Get Started with Cooking

## PASSIONATE ABOUT FOOD OR WANT TO LEARN TO COOK?

### INFORMATION

Taster Day: Thursday 13th April

Course Dates: Monday 17th to Friday 21st April 2023

Location: Coexist community Kitchen, Easton, Bristol

Email: [sam.walton@princes-trust.org.uk](mailto:sam.walton@princes-trust.org.uk) and [tom.christensen@princes-trust.org.uk](mailto:tom.christensen@princes-trust.org.uk)

Are you aged 16-30? Our free course gives you the chance to explore the world of food and cooking.

In this programme you will:

- Gain new cooking skills through practical learning workshops
- Meet new people and develop confidence
- Learn about nutrition and local produce
- Receive up to six post course one to one goal setting sessions

Get in touch and Start Something today!

Supported by:

*The Coexist  
Community Kitchen*



Prince's Trust



## Your guide to our services in Bristol.

### Who we work with:

We work with young people aged 11-19 (or up to 25 if the individual has a learning difficulty) around their alcohol and/or other drug use. We also support young people who have been affected by the substance use of a family member.

### We offer:

- ◆ 12 weeks of 1-to-1 support
- ◆ Substance use workshops for groups of at-risk young people
- ◆ Outreach and detached work across the city
- ◆ As well as in person, young people can access support on the phone, text WhatsApp and video chat
- ◆ Advice and support for people working with young people who may use substances

For more information or to make a referral please visit [www.bdp.org.uk/youth](http://www.bdp.org.uk/youth)

Call us on 0117 987 6008

Email us on [bdpyouthwork@bdp.org.uk](mailto:bdpyouthwork@bdp.org.uk)

Follow us on Instagram [@bdpyouth](https://www.instagram.com/bdpyouth)





# NEW LEAF

cannabis advice + support\*

- 🍃 **Want to know more about cannabis?**
- 🍃 **Concerned around your smoking?**
- 🍃 **Becoming worried about how you are feeling and what you are doing?**
- 🍃 **Want to cut down or stop?**
- 🍃 **Anxious about someone you care for?**

**\*For young people aged 11 - 19**

0117 987 6009  
newleaf@bdp.org.uk

This project is supported by  
the CHK Foundation.



# NEW LEAF RAPID

- Working with young people at risk of exclusion from education due to drug possession or the direct affect of parental alcohol and other drug use?
- Wanting to use The Drugs in School Pathway to support young people to change?
- Seeing the benefit of 6-12 weeks support for young people from New Leaf Rapid?
- Welcoming a response in 48 hours and additional help and advice to aid your decision making?

**\*For young people aged 11 - 19**

0117 987 6009

[newleaf@bdp.org.uk](mailto:newleaf@bdp.org.uk)

This project is supported by  
Vanguard





## The Birch Collective- Fresh Air Thursdays

### Fresh Air Thursdays

Our free weekly land skills and wellbeing session that balances seasonal practical activities with nature based mindfulness and relaxing in the garden.

**Where:** In our beautiful community allotment at Strawberry Lane in St George

**When:** 1-5pm Every Thursday

**What to Expect:** We explore food growing and cooking, tree care, natural crafts such as weaving and green woodwork, as well as nature based wellbeing practices. Just enjoying the garden and drinking tea is also very much encouraged! We are currently making a shelter using green woodwork techniques and hand tools.

THE BIRCH COLLECTIVE

# FRESH AIR THURSDAYS

FREE SESSION FOR 16-25 YEAR OLDS

1PM-5PM  
MARCH UNTIL NOVEMBER

COMMUNITY FUND

\*GROWING FOOD\* \*GARDENING FOR WILDLIFE\* \*NATURAL CRAFTS AND BUILDING\*

\*OUTDOOR COOKING\* \*RELAXING BY THE FIRE\*

NECESSITY

Booking essential! For information or to book,  
Email [team@thebirchcollective.co.uk](mailto:team@thebirchcollective.co.uk)  
Or text [07936784637](tel:07936784637)

STRAWBERRY LANE COMMUNITY GARDEN, ST GEORGE,  
B55 (5 MINS WALK FROM ST GEORGE LIBRARY)

THE BIRCH COLLECTIVE @THEBIRCHCOLLECTIVE

### **Who are these groups for:**

All our groups are ideal for anyone age 16-25 who:

- Would benefit from time spent outside with other young people
- Is struggling to engage with study or work
- Has mental or physical health struggles
- Is experiencing loneliness or isolation

For more information or to make a referral email [amy@thebirchcollective.co.uk](mailto:amy@thebirchcollective.co.uk)

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## The Birch Collective- Camp Birch- 18-25 Year olds



### Camp Birch

We are now accepting referrals for the fully funded Camp Birch, where we will be camping for 5 days in 50 acres of private woodland near Clevedon with beautiful views over the Somerset Levels. A safe and inclusive place for participants to try something new, build confidence and skills, and have a moment to pause and reflect on the transition into adulthood.

All applications need to be in by the 11th July.

For more information on camp, including how to apply, please email [ro@thebirchcollective.co.uk](mailto:ro@thebirchcollective.co.uk)

**WWW.THEBIRCHCOLLECTIVE.CO.UK**  
**LAND SKILLS AND NATURE-BASED WELLBEING**

The Listening Fund  
Comic Relief  
THE BIRCH COLLECTIVE

# CAMP BIRCH

Fully funded camp for 18-25 yr olds  
**6TH-10TH SEPTEMBER 2023**

Come and camp with us in the woods!  
A FREE 5 day 4 night residential for 18-25 yr olds to build confidence, develop skills and discover more about what you want from your life as you transition to adulthood.

Camping gear and transport provided

Natural Craft:  
**WOODWORK, WEAVING, CLAY**  
Survival Skills:  
**FORAGING, FIRE LIGHTING, ARCHERY**

TIME TO RELAX  
PRE AND POST  
CAMP MENTORING

**FOR MORE INFO AND TO APPLY:**  
Email: [ro@thebirchcollective.co.uk](mailto:ro@thebirchcollective.co.uk)  
Phone: 07871843893 / 07936784637

**\*\*FREE\*\* LIMITED PLACES \*\*APPLY NOW\*\***

THE BIRCH COLLECTIVE @THEBIRCHCOLLECTIVE WWW.THEBIRCHCOLLECTIVE.CO.UK



**LOVE  
SQUARED**

# Drop the Pressure

Free weekly telephone emotional support



**Who?**

Long term mental health support & mentoring for:

- Young People (ages 10-18)
- Parents & Carers

**When?**

Thursdays,  
Between 4-7.30pm

Up to 1 hour  
weekly sessions

**What?**

Our team of trained volunteers are here to talk about any issues, big or small, that matter to you - be that with relationships, school/college and to help you manage your mental health.

## About us

- Based in Stokes Croft (Bristol), Love Squared supports children and families impacted by mental health.
- We provide free creative and imaginative support for children (age 5+) and families
- Our key values are; love, imagination, bravery and nurture.
- For us it's about long-term change, not short term outcomes.



0117 366 0079



maddie@lovesquared.org.uk



@lovesquaredcharity



Charity registration number: 1198464  
Company number: 08977922

wesport  
voscur  
In partnership with



Quartet  
Community  
Foundation

W  
Garfield Weston  
FOUNDATION