

**Families in  
Focus**



## **Dec 2023 Families in Focus Bulletin - Part 1**

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

Hello and welcome to the December 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.

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# Information and services for children and young people

## Prince's Trust: Get Started in Games Design



# GET STARTED IN GAMES DESIGN

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

Find out more  
via webchat at:  
[princes-trust.org.uk](https://princes-trust.org.uk)



@princestrust     

### ON THIS COURSE YOU'LL:

- Get an introduction to coding & designing computer games using Unity software
- Design your very own virtual game
- Work on your personal development skills and meet new people
- Up to 6 months mentoring support after the course to help you reach your goals

### DATES FOR YOUR DIARY:

**Taster day:** Thursday 18th January 2024

**Course dates:** 22nd-26th January

**Location:** Bristol

**Eligibility criteria:** 16-30

**➤ GET STARTED**

Email [rosie.kinnear@princes-trust.org.uk](mailto:rosie.kinnear@princes-trust.org.uk)  
OR [emily.spruce@princes-trust.org.uk](mailto:emily.spruce@princes-trust.org.uk) for  
more details





**➤ GET STARTED**

Email [rosie.kinnear@princes-trust.org.uk](mailto:rosie.kinnear@princes-trust.org.uk)  
OR [emily.spruce@princes-trust.org.uk](mailto:emily.spruce@princes-trust.org.uk) for  
more details



#### **Computer/laptop specifications:**

- **Must have an:** i3 processor, 8gb ram, 250g + HDD space and a Graphics Card such as Nvidia 1060 or equivalent
- **You will need** 20gb worth of space on your hard-drive
- **Operating systems:** Windows (10 or 11 are fine to use) or MacOS

**Please note that Chromebooks and Windows S will not be compatible.**

*To check your specs for your equipment, please use the links below:*

Windows:

<https://techguided.com/how-to-check-your-computer-specs/>

macOS:

<https://support.apple.com/en-us/HT203001#:~:text=Choose%20Apple%20menu%20%E3%BF%20%3E%20About,click%20the%20System%20Report%20button.>

***Please get in touch if you are unsure.***

## Prince's Trust: Find Your Direction



Join Team, our 12-week personal development programme, for the chance to gain new skills, take a qualification, and meet new people.

**Aged 16-25?**

# FIND YOUR DIRECTION

- Take on your own group community project
- Take part in an action-packed residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills

### CONTACT US TO BOOK YOUR PLACE:

 07813 366331

 [muna.scafie@cityofbristol.ac.uk](mailto:muna.scafie@cityofbristol.ac.uk)

 06/11/2023-09/02/2024

 City of Bristol College, Ashley Down Centre, Ashley Down Rd, BS7 9BU Bristol



# TRY SOMETHING NEW

If you're aged 16 – 25 and in-between education and work, join the **Team programme**. You can boost your confidence by meeting new people, gaining new skills, and trying new experiences.

- Take on your own group community project
- Take part in an action-packed residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills



## CONTACT US TO BOOK YOUR PLACE:

 07813 366331

 [muna.scafie@cityofbristol.ac.uk](mailto:muna.scafie@cityofbristol.ac.uk)

 06/11/2023-09/02/2024

 City of Bristol College, Ashley Down Centre, Ashley Down Rd, BS7 9BU Bristol

 **TEAM**

IN PARTNERSHIP WITH  
 **THE PRINCE'S TRUST**

## Prince's Trust: What's On?

**The Prince's Trust has the following courses starting in the new year. Please contact the member of staff listed on each poster if you would like any further information, or if you would like to refer a young person to one of our courses.**



# GET INTO

# CUSTOMER SERVICES

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](https://princes-trust.org.uk)  
[Sam.walton@princes-trust.org.uk](mailto:Sam.walton@princes-trust.org.uk)  
0800 842842

@princestrust



### ON THIS COURSE YOU'LL:

- Experience working at stations and on board trains with GWR.
- Gain Level 2 Food Hygiene and Emergency First Aid at Work Qualifications.
- Develop your employability skills & interview techniques.
- Meet employers with live vacancies.

### COURSE INFORMATION

**Taster day:** Wednesday 7th February

**Course dates:** 12th-26th February

**Location:** Bristol Temple Meads

**Eligibility criteria:** 18-30-years-old

**GET INTO**

**GWR**





# 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](https://princes-trust.org.uk)



@princestrust     

#### ON THIS COURSE YOU'LL:

- Use outdoor learning to help build your confidence & motivation.
- Complete a 'Personal Development & Employability Skills' qualification.
- Focus on improving wellbeing by setting and achieving goals.

#### DATES FOR YOUR DIARY:

**Taster day:** Wed 31st January 2024

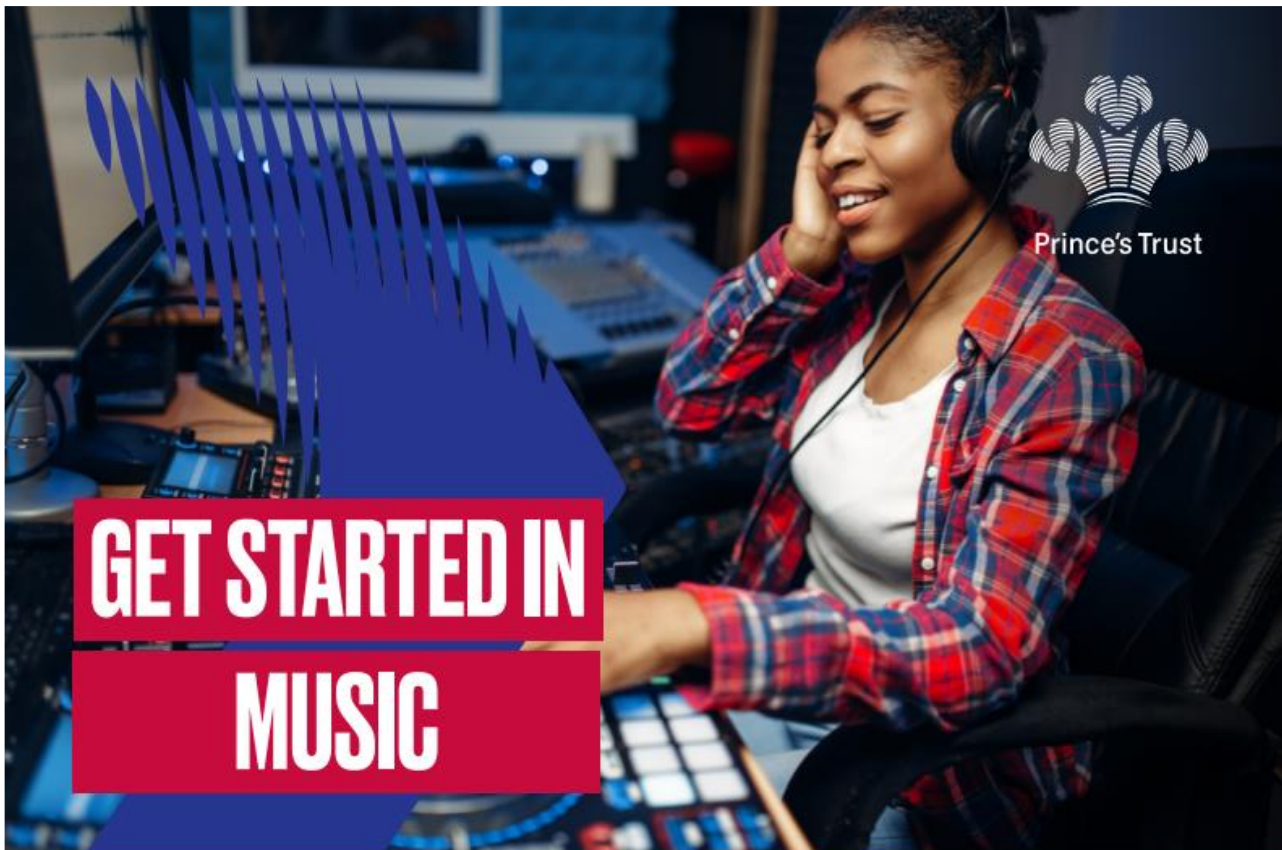
**Course dates:** 6th - 29th February

**Location:** Bristol, BS1 6BY

**Eligibility criteria:** 16-25



If interested in this course, please email: [tom.christensen@princes-trust.org.uk](mailto:tom.christensen@princes-trust.org.uk)



# GET STARTED IN MUSIC

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

Find out more  
via webchat at:  
[princes-trust.org.uk](https://princes-trust.org.uk)



@princestrust     

#### ON THIS COURSE YOU'LL:

- Learn songwriting and music production skills
- Gain a Bronze Arts Award qualification
- Meet other musicians and create music as a group
- Access to follow up online sessions and up to 6 months mentoring support

#### DATES FOR YOUR DIARY:

**Taster day:** Wed 24th January 2024

**Course dates:** 29th Jan - 2nd Feb

**Location:** Bristol

**Eligibility criteria:** 16-25

**➤ GET STARTED**

Please email [harry.bates@princes-trust.org.uk](mailto:harry.bates@princes-trust.org.uk) to make a referral



# Information and services for parents / carers

St Werburghs City Farm: Yule Be Merry



**YULE BE MERRY**

**BRAVE BOLD DRAMA**  
award-winning family theatre

**Ridiculous festive family theatre**

"Absolutely brilliant!  
I brought my Mum as well as my children and it was so lovely to see them all laughing together."  
Audience feedback

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

Book here 

**Thurs 21st - Sun 24th Dec**  
**11am & 2pm shows**  
All Tickets £10  
Suitable for all ages!

**St Werburghs City Farm**   
Postcode: BS2 9YJ

## Lockleaze Adventure Playground: Laugh N Play!

**THE FLYING SEAGULL PROJECT  
PRESENTS...**



**Laugh N Play!**

Join us for a fun filled  
show packed with laughter,  
circus, magic and music!

**Thursday 12th December  
3:45pm to 5:15pm  
Lockleaze Adventure Playground**



The Ranch: Winter Holidays

A festive poster for 'Winter Holidays at The Ranch' at Southmead Adventure Playground. The background is green with red and white snowflake patterns. A large red Santa hat with a white pom-pom is on the right. A white circular area on the left lists activities: Santa's Grotto, Bauble Making, Christmas Craft, Festive Footy, Bike Repairs, and much more. Below this is a green gift box with a red ribbon and a white circle stating 'Hot food if you usually have free school meals'. At the bottom, a red banner says 'Go to Facebook for daily details' with a Facebook icon and the handle 'southmeadadventureplayground'.

# Winter Holidays at The Ranch

**Southmead Adventure Playground**

**Children & Families Free Play,  
12 - 4pm - Tuesday 19th, Wednesday 20th  
& Thursday 21st December**

**under 8s must be accompanied by an adult at all times**

**Santa's Grotto  
Bauble Making  
Christmas Craft  
Festive Footy  
Bike Repairs  
and much more!**

**Hot food  
if you  
usually have  
free school  
meals**

Go to Facebook for daily details  southmeadadventureplayground



Department  
for Education



## Redcliffe Beavers!



**More adventure. More fun. More friends. More memories.**

## Join Redcliffe Beavers!

Wednesdays 5.30pm-6.30pm

Free trial  
session

For Boys and Girls  
6-8yrs and Adult  
Volunteers too!

Just come along and  
join in the fun and go  
on adventures with us!



Faithspace, Redcliffe, BS1 6PB.  
255thScouts@gmail.com



The Vench: Christmas Holidays



# THE VENCH CHRISTMAS HOLIDAYS



<p><b>18/12/2023</b></p> <p><b>Christmas baking</b> Yummy shortbread</p> 	<p><b>19/12/2023</b></p> <p><b>Christmas stockings</b> arts and crafts</p> 	<p><b>20/12/2023</b></p> <p><b>Christmas movie</b> Hot chocolate and popcorn</p> 
<p><b>21/12/2023</b></p> <p><b>Lunch with Father Christmas</b></p> <p><b>Treasure hunt: Help us find the hidden treasure at the end of the day.</b></p> <p><b>2:00-3:00pm</b></p> <p>For Children on Free School Meals , please come and collect a vegetable pie kit and activity box to keep you busy over the holidays.</p> <p>to sign up- email <a href="mailto:Lisa.jimenez@groundwork.org.uk">Lisa.jimenez@groundwork.org.uk</a></p> 	<p><b>22/12/2023</b></p> <p><b>Closed</b></p> <p>We will re-open on <b>Tuesday Jan 9 2024.</b></p> <p><b>Merry Christmas!</b></p>	
<p><b>Contact Us!</b></p> <p><a href="mailto:Lockleaze@groundwork.org.uk">Lockleaze@groundwork.org.uk</a> <a href="http://www.facebook.com/thevench">www.facebook.com/thevench</a> <b>07710392078</b></p>		
<p><b>Our sessions run from 10-2</b></p> <p><b>Children 8-11 can come unattended. Under 8's, please bring an adult who can supervise at all times. Lunch is served between 12 and 12.30. Free for Free School Meals. A £1 suggested donation to those who can afford it.</b></p>		



Pop Up for Parents (With SEND Children)

# POP UPS FOR PARENTS WITH SEND CHILDREN

Join our Children's Social Prescribing Team with the SEND AND YOU team for sessions to support parents and carers of children with SEND.  
At: Greenway Centre, BS10 5PY

**THURSDAY 7TH  
DECEMBER**  
10:45am - 12:15pm

The beginning -  
taking the very first  
steps on your new  
SEND path

**MONDAY 29TH  
JANUARY**  
10am - 12pm

What we need from  
SENDIAS services:  
Focus Groups, Open  
Forum and expert  
advice



SCAN ME

Sign up using the QR code  
Or get in touch with Jen

 0117 950 3335  
 [jenlister@southmead.org](mailto:jenlister@southmead.org)

SAY



SEND AND YOU  
SENDIAS



Santa's Grotto & Christmas Fair!

The poster has a dark blue background with white stars. At the top, the text 'everyFAMILY' is written in white, with the 'i' in 'FAMILY' in pink. Below this, 'SANTA'S GROTTTO' is written in large white capital letters, followed by '& CHRISTMAS FAIR' in slightly smaller white capital letters. The word 'Featuring' is in a white script font. Below that, 'THE ORIGINAL SANTA FLOAT' is written in large, bold, red capital letters. The date 'THURSDAY 7TH DECEMBER' and time '5PM-7PM' are in white capital letters. A call to action 'BOOK NOW TO SEE SANTA' is in teal, followed by 'TICKETS AVAILABLE FROM RECEPTION!' and '£7.50 PER CHILD INCLUDES A GIFT' in teal. Below that, 'FREE ADMISSION TO FAIR: STALLS, CRAFTS AND LOTS OF FUN!' is in teal. At the bottom, the address 'Brentry Lane, Bristol BS10 6RG' and website 'everyFAMILY.org.uk' are in white, and the charity number '\*Registered Charity no. 1108713' is in white. On the right side, a cartoon Santa Claus with a white beard, red hat, and red suit is peeking from behind a white pillar.

**everyFAMILY**  
**SANTA'S GROTTTO**  
**& CHRISTMAS FAIR**

*Featuring*

**THE ORIGINAL  
SANTA FLOAT**

**THURSDAY  
7TH DECEMBER  
5PM-7PM**

**BOOK NOW TO SEE SANTA**  
TICKETS AVAILABLE FROM RECEPTION!  
**£7.50 PER CHILD**  
INCLUDES A GIFT

**FREE ADMISSION TO FAIR: STALLS,  
CRAFTS AND LOTS OF FUN!**

Brentry Lane, Bristol BS10 6RG      \*Registered Charity no.  
everyFAMILY.org.uk      1108713

Every Family: What's on?



Remember to follow us on social media for all our group and course updates!

[f](#) [@](#) [in](#) [t](#)

**November 2023** What's On?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>'PLAY TIME' STAY &amp; PLAY</b></p> <p>9.30-11 AM 0-5 YRS £2</p> <hr/> <p><b>FOREST SCHOOL</b></p> <p>1.30-2.45 PM 0-5 YRS WITH PARENT/CARER £8</p> <p><b>FREE TASTER SESSION</b> SEE POSTER FOR MORE DETAILS</p>	<p><b>'MUSICAL BABIES'</b></p> <p>10-11 AM 0-18 MONTHS £2</p> <hr/> <p><b>'LITTLE STARS' SEND GROUP</b> NO DIAGNOSIS REQUIRED</p> <p>1:30-2:30 PM FREE</p> <p><small>DONATIONS WELCOME. FUNDED BY QUARTET COMMUNITY FOUNDATION.</small></p>	<p><b>BABY HUB</b> 9:30-11:30 AM</p> <p><small>CONTACT JOHN MILTON HEALTH VISITING TEAM FOR MORE INFO 0300 1256278</small></p> <hr/> <p><b>AFTER SCHOOL HANGOUT</b> 3:15-6 PM 8-11 YRS FREE</p> <p><small>INCLUDES A HOT MEAL, BOOKING ESSENTIAL. FUNDED BY TREDWIN AND PENNINGTON FAMILY FUND.</small></p>	<p><b>'OUTDOOR EXPLORERS' STAY &amp; PLAY</b></p> <p>10-11 AM 0-5 YRS £2</p> <hr/> <p><small>Cost of paid groups are per family, payable via cash or card.</small></p> <p><small>Groups are drop in unless stated otherwise.</small></p>	<p><b>'MINI MAKERS' ART GROUP</b></p> <p>9:30-10:30 AM 0-5 YRS £2</p> <hr/>	<p><b>MONTHLY DADS &amp; MALE CARERS GROUP</b> 9:30-11 AM £2</p> <p><small>(SEE FACEBOOK FOR UPCOMING DATES)</small></p>
					<p><b>Brentry Lane, Brentry, BS10 6RG</b> 0117 9593800 everyfamily.org.uk <b>everyFAMILY</b></p>



Remember to follow us on social media for all our group and course updates!

[f](#) [@](#) [in](#) [t](#)

**w/c 18th December 2023** Christmas What's On?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>'CHRISTMAS PLAY TIME' STAY &amp; PLAY</b></p> <p>9.30-11 AM 0-5 YRS £2</p> 	<p><b>NO NO NO</b></p> 	<p><b>BABY HUB</b> 9-11 AM</p> <p><small>CONTACT JOHN MILTON HEALTH VISITING TEAM FOR MORE INFO 0300 1256278</small></p> <hr/> <p><b>'CHRISTMAS CRAFTS' STAY &amp; PLAY</b></p> <p>2:30-3:30 PM 0-8 YRS £3</p>	<p><b>'CHRISTMAS OUTDOOR EXPLORERS' STAY &amp; PLAY</b></p> <p>10-11 AM 0-5 YRS £2</p> <p><b>INCLUDES A SANTA HUNT!</b></p>	  
				<p><b>Brentry Lane, Brentry, BS10 6RG</b> 0117 9593800 everyfamily.org.uk</p>

## Mindful Parenting &amp; Community Project: Free Stressbusting Workshops



## Free Stressbusting Workshops

These introductory workshops will look at how we deal with the stress and worry which comes from being a parent or carer. We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties. They will take place both in person and online and are offered free of cost.

### Mindfulness for Parents/Carers supports us to:

- **Feel more confident about being a parent or carer**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**
- **Respond calmly in difficult & stressful situations**
- **Manage big emotions for ourselves and our children**

## FREE Taster Workshops for Parents/Carers

Tuesday 28th November - Online - Managing Big Emotions for Tweens & Teens 7-8.30pm

Wednesday 6th December - St Lukes Church, Bartonhill - Introduction to Stressbusting 9.30 - 11 am

Wednesday 13th December - Briarwood School, Fishponds - Introduction to Stressbusting 9.30 - 11 am

Friday 12th January - Online - Managing Big Emotions for Toddlers to 10s 10 - 11.30am

Wednesday 24th January - Online - Stressbusting for Parents of SEND Children 10 - 11.30 am

Contact: [mppc.bristol@gmail.com](mailto:mppc.bristol@gmail.com), [www.mppc.info](http://www.mppc.info), 07949399633 to reserve your place.

As these workshops are grant funded and are offered free of cost, places will be allocated to parents in receipt of benefits and living in areas of deprivation as a priority.

Dads & Partners Online Peer Support Group

# DADS & PARTNERS ONLINE PEER SUPPORT GROUP

“For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband.”

JACOB KELLY  
PEER SUPPORT WORKER

## When and where?

Every first Thursday of the month  
8-9pm  
Online via zoom



## To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

01179359366 OR  
[support@mothersformothers.co.uk](mailto:support@mothersformothers.co.uk)



Southmead Development Trust: Cuppa & Amble for Parents



# Cuppa & Amble for Parents

of children all ages

**Begins**  
**Tuesday 5th December**  
**10-11:30am**

Everyone welcome at our new group for parents and carers. Meet at Greenway, have a cuppa, take a stroll in good company through Badock's Wood, and share the load and the joy!

We will meet this year on - 5th December, 12th December, 19th December, then every week starting Tuesday 9th January.



For more info, contact Eve, email: [evpayne@southmead.org](mailto:evpayne@southmead.org), tel: 0117 950 3335. Greenway Centre, BS10 5PY. [www.southmead.org](http://www.southmead.org)

SOUTHMEAD DEVELOPMENT TRUST

Emmanuel Chapel in Henbury

## Community Carol Event

Thursday 21<sup>st</sup> December

7-8.30pm at Emmanuel Chapel in Henbury

Come and join us for Christmas refreshments and carols performed by our special Folk band!



## Christmas Day Service

Monday 25<sup>th</sup> December

10am at Emmanuel Chapel

Come and join us on Christmas Day for a short service sharing joy, presents, and worshipping together.





## Christmas Family Service

Sunday 17<sup>th</sup> December  
4pm at Emmanuel Chapel in Henbury

Come and join us for carols,  
refreshments, family fun, and  
the Christmas story and  
message!





## Mothers for Mothers: Antenatal and Wellbeing in Pregnancy Group

### Antenatal and Wellbeing in pregnancy group



Are you currently pregnant and experiencing anxiety, depression, distress and/or isolation?



Come and join us in a safe and welcoming space to access:  
**Antenatal, birth & postnatal information with a strong focus on mental health and emotional wellbeing**

- **Ask questions and discuss topics without judgement**
- **Connect with other women with similar experiences**



TO JOIN US, PLEASE CONTACT REBECCA RICE AT:  
HOMEVISITING@MOTHERSFORMOTHERS.CO.UK

**Helpline: 0117 935 9366 Mon - Fri 10am -9pm**  
**[www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)**  
**[@m4mbristol](https://www.instagram.com/mothers_for_mothers)**



Branch Community Church

Christmas 2023 at Branch Community Church  
You are invited, you are welcome!

Carols by Firelight - at 145 Knole Lane  
Sunday 10<sup>th</sup> December at 5.30pm

Christmas Family Service -  
Sunday 17<sup>th</sup> December at 4pm

Community Carol Event -  
Thursday 21<sup>st</sup> December at 7pm

LunchBox Christmas Meal -  
Friday 22<sup>nd</sup> December at 12.30pm

Christmas Day Service - Monday 25<sup>th</sup> December at 10am  
*No church service on Sunday 24<sup>th</sup> December*

[www.branchcommunity.church/christmas](http://www.branchcommunity.church/christmas)

## Nacoo



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

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

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

### **OUR HELPLINE IS AVAILABLE OVER THE CHRISTMAS AND NEW YEAR PERIOD**

Nacoo (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.

Nacoo'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

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

Nacoo's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences ([www.nacoo.org.uk](http://www.nacoo.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 (Nacoo)  
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

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



## The Vench



### About

We're The Vench, Lockleaze, a much-loved adventure playground, youth and community centre run by the charity Groundwork South. We offer a range of activities and services for all ages and a fun environment to help children and young people play learn & grow.

Exciting drop slide / sports pitch / indoor arts space / music / trampoline

### Play Sessions

Play sessions:

Term time: Tuesday 3.30pm - 6.00pm  
Thursday 3.30pm - 6.00pm

School Holidays: Monday-Friday 10am - 2pm

Children's bike workshop every Thursday in term time 3.30-6pm with



*Children under 8's are welcome but must be accompanied by an adult*

### Youth Sessions



For ages 11-17, offering a fun mix of cooking, sports, games and other activities.

Youth Cooking Club: Tuesday 6:30pm-7:30pm

Open Access Youth: Tuesday 7:30-8:30



All young people must be registered to attend these sessions, please go to our website to do this.

## The Alternative Parents' Evening: Surviving the Festive Season



**The Alternative Parents' Evening**

**Surviving the Festive Season**

Please join us for a free online event, designed for parents who are feeling under pressure.

**Thursday 14 December, 7pm–8pm online on Zoom**

**TAVISTOCK RELATIONSHIPS**  
Improving Lives for Generations

If you live in **Bournemouth, Christchurch and Poole, Bristol or Dorset** you are invited to join us for a free online event, designed for parents who are feeling under pressure. The event is an opportunity for you to hear about a free project we have in your area.

**Sarah Ingram** (Head of Strategic Development) at Tavistock Relationships along with **David Levy** (Systemic Family Therapist, MBT therapist) will be outlining some of the challenges parents are facing. If you can answer 'yes' to any of the following, then please do join us.

- Do you have a child or children aged between 8 and 14?
- Have you been arguing more in the last few months?
- Is your partner/ex-partner getting on your nerves?
- Have you seen a change in your child's behaviour?
- Are they upset by your arguing/silences?

Scan QR Code to register for this event



Go to <https://www.tfaforms.com/5098528> or scan the QR code on the right to register free. Spaces are limited so please sign up early. To find out more about free help for parents under pressure in the areas mentioned above visit <https://tavistockrelationships.org/sipco>

### About Tavistock Relationships

We specialise in couples counselling and psychotherapy including reducing parental conflict. We've been helping relationships since 1948. As well as supporting clients face-to-face, we also provide online therapy.

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.



FOR ALL PARENTS

## 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.



FOR NEW PARENTS

## 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.



FOR SEPARATING PARENTS

## 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.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)



Children Scrapstore: Play Ranger (Thursdays)



**PLAY RANGER** **PLAY SQUAD**  
**OPEN ACCESS PLAY SESSIONS**  
led by Children's Scrapstore

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

**EVERY THURSDAY**  
**TERM TIME**  
**3.30PM-5.30PM**  
**HOLIDAYS\***  
**10.30AM-12.30/2.30PM**

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

**FREE**

The park on Beverston Gardens  
Lawrence Weston, BS11 0SB

Contact: [playteam@childrenscrapstore.co.uk](mailto:playteam@childrenscrapstore.co.uk)

**Children's Scrapstore**  
NATIONAL LOTTERY FUNDED

**PLAYFUL BRISTOL**

\*Except Christmas holidays

Children's Scrapstore: Play Ranger (Tuesdays)



**PLAY RANGER** **PLAY SQUAD**  
**OPEN ACCESS PLAY SESSIONS**  
led by Children's Scrapstore

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

**EVERY TUESDAY**  
**TERM TIME**  
**3.15PM-5.15PM**

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

**FREE**

Outdoor space at Avon Youth Club  
98a Long Cross, BS11 0LP

Contact: [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)

Children's Scrapstore Avon Youth Club Bristol City Council Playful Bristol



## Children's Scrapstore: Play Rangers (Mondays)



**PLAY RANGER** **PLAY SQUAD**  
**OPEN ACCESS PLAY SESSIONS**  
led by Children's Scrapstore

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

**EVERY MONDAY\***  
**TERM TIME**  
**3.30PM-5.30PM**  
**HOLIDAYS\***  
**10.30AM-12.30/2.30PM**

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

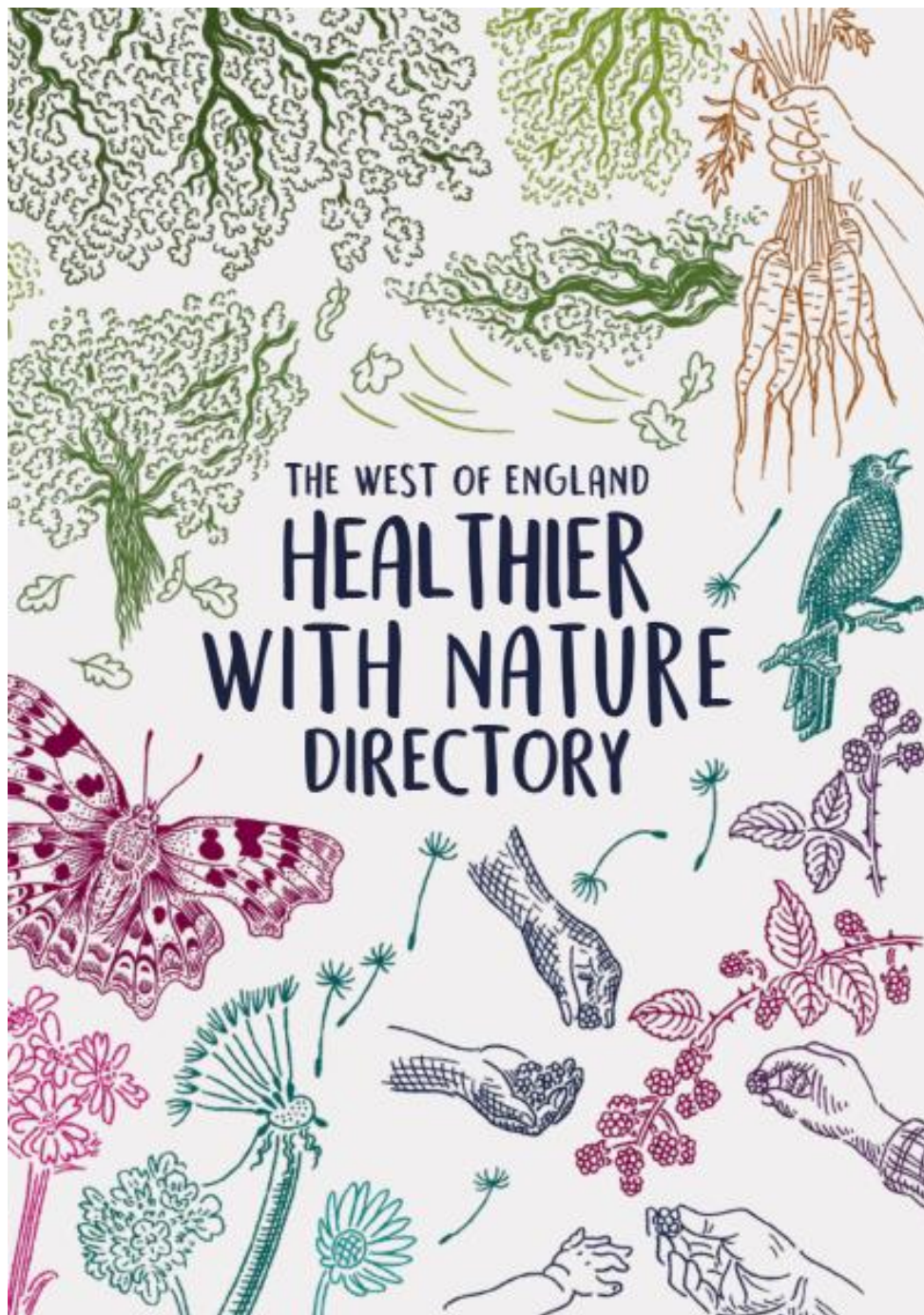
**FREE**

Green space outside Oldbury Court  
Children's Centre, BS16 2QS

Contact: [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
\*Except bank holidays

      Supporting Independent Living

## The West of England: Healthier with Nature Directory



“In the West of England, we are lucky to have a wealth of nature-rich spaces from urban community gardens to majestic woodlands. This directory provides information about projects that support people to connect with nature through activities such as food growing, arts, conservation, walking, swimming and nature-based therapies, all rooted in communities”.

[The West of England Healthier with Nature Directory by healthierwithnature - Issuu](#)

## Ignite Bristol



**Looking for disability inclusive sport and physical activity in Bristol?**

Opportunities for all ages across the wider Bristol area. Go to:  
[www.ignitebristol.co.uk/get-active](http://www.ignitebristol.co.uk/get-active)

 Sign up to the mailing list for the latest news on clubs, events and holiday activities:  
[bit.ly/IB-signup](http://bit.ly/IB-signup)

 @IgniteBristol

