

**Families in  
Focus**



# February 2024 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

## Eat well and save energy cookery course



**Grow, Cook and Eat  
Lawrence Weston**



**FREE EAT WELL & SAVE ENERGY  
COOKERY COURSE  
for Lawrence Weston Residents**

**Choose your Venue:**

- 11/3/2024 – 29/04/2024 at Hope Café Lawrence Weston
- 7/6/2024 to 12/7/2024 at Laurence Weston Community Farm

Times: From 9:30/10am – 12: 00/12.30pm for six weeks

Learn to cook tasty dishes and how to save energy (gas & electricity) when you cook.

- Cook together in a small, friendly group and either eat what you cook on the day or take enough home for the family/ your household
- Get a **FREE** slow cooker and more energy saving devices

**Contact:** [Carol.Griffiths@bristol.gov.uk](mailto:Carol.Griffiths@bristol.gov.uk) Phone: 07341882755

**Eligibility:** Our courses are especially for adults (with 3 years residency or other residency status) aged **19+** years with few or no formal qualifications in the **B511** post code

**Grow, Cook and Eat  
Lawrence Weston**



**WEST OF ENGLAND**  
Combined Authority

**COMMUNITY  
LEARNING**

[communitylearningwest.net](http://communitylearningwest.net)  
[lctinfo@bristol.gov.uk](mailto:lctinfo@bristol.gov.uk)  
01172 510230

Eat well & live well taster sessions

**Learn to Cook  
and  
Eat Healthily  
on a Budget**



**Free Taster sessions for BS11  
Residents:  
Learn to cook and take Home a  
free box of Ingredients and recipe  
to Practice at Home**

**This FREE course will support you to:**

- 1. Gain knowledge of healthy eating and practical skills to produce a range of healthy meals on a budget.**
- 2. Choose, budget for, and cook tasty, healthy recipes for yourself and your family.**
- 3. Build skills, Confidence, and knowledge.**

**Please contact Carol Griffiths to discuss your needs.**

**Contact: [carol.griffiths@bristol.gov.uk](mailto:carol.griffiths@bristol.gov.uk) Phone: 07760990855**

**Eligibility: Adults 19+ with no or low qualifications**



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

**The Course will help you understand:**

- 1. Why we need foods from all food groups.**
- 2. How to Plan your meals ahead of time and Stick to your grocery list.**
- 3. Cook at home and cook large portions and use your leftovers.**
- 4. Buy whole foods and buy generic brands.**
- 5. Avoid buying highly processed foods and replace meat with other proteins.**
- 6. How to use fact sheets from the British diabetic association and the British Heart Foundation to dispel Food myths.**

**Dates : 7/3/24 to 21/3/24**

**27/6/24 to 11/7/24**

## Food budgeting

Food shopping on a Budget



### Free 4-hour Taster Course: Would you like to make your Money go further?

This Course Should support you to:

- Budget and calculate with money related to real-life food shopping situations
- Save money when shopping: planning, estimating, supermarket tricks, checking receipts!
- Learn how to Cook on a budget!
- Understand the Energy use of different household items and the most efficient way to cook on a budget.

Contact: [carol.griffiths@bristol.gov.uk](mailto:carol.griffiths@bristol.gov.uk) Phone: 07760990855

Eligibility: Adults 19+ with no or low qualifications and Resident in **BS11.**



COMMUNITY  
LEARNING

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

## Prince's Trust: Design your future



Prince's Trust



# DESIGN YOUR FUTURE

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

**Find out more via webchat at:**  
[princes-trust.org.uk](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 20th March  
**Course dates:** 25th March - 18th April  
**Location:** Bristol, BS1 6BY  
**Eligibility criteria:** 16-25

**EXPLORE**

## Prince's Trust: Get started in Art & Wellbeing



  
Prince's Trust

# GET STARTED IN ART & WELLBEING

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

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



@princestrust    f    @    t    in    d

**ON THIS COURSE YOU'LL:**

- Experiment with different artistic mediums and styles
- Use art to improve your wellbeing
- Gain employability skills and 1:1 support
- Receive help to find your next steps in the Arts sector

**DATES FOR YOUR DIARY:**

**Taster day:** 6th March  
**Course dates:** 11th-15th March  
**Application deadline:** 4th March  
**Location:** The Prince's Trust Bristol Centre  
**Eligibility criteria:** 16-30 year olds

**▶ GET STARTED**

0201 8943 © The Prince's Trust 2022 - all rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England. Registered number: 100001772. Registered office: The Prince's Trust, The Prince's Trust South London Centre 8, Glade Path, London SE1 6EG. Registered charity number in England and Wales: 1079676 and Scotland: SC041916.

## Prince's Trust: Get into retail



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)



@princestrust



### ON THIS COURSE YOU'LL:

- Gain on the job retail experience with Marks and Spencer
- Build your confidence and employability skills
- Potentially gain employment with M&S at the end of the course
- Receive 1:1 support throughout

### DATES FOR YOUR DIARY:

**Taster day:** 21st February 2024

**Course dates:** 4th-26th March 2024

**Application deadline:** 20th February 2024

**Location:** Stores across Bristol and Bath

**Eligibility criteria:** 16-30

**GET INTO**

M&S  
MARKS & SPENCER



Children's Scrapstore: Open access play sessions (Avonmouth)

**PLAY RANGER**

# FEBRUARY HALF TERM 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.

**This session is all about MAGIC!**

- Fully funded lunch will be provided for children

**WEDNESDAY 14TH FEBRUARY  
10:30AM-12:30PM**

**AVONMOUTH COMMUNITY  
CENTRE ASSOCIATION, BS11 9EN**

**FREE**

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

Contact - [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
for more information

Children's Scrapstore | PLAYME BRISTOL | AVONMOUTH COMMUNITY ASSOCIATION | Oasis | Greater Community Foundation | BS11 9EN | BRISTOL CITY COUNCIL

Children's Scrapstore: Open access play sessions (Lawrence Weston)



# FEBRUARY HALF TERM

# OPEN ACCESS PLAY SESSIONS

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**These sessions are all about MAGIC!**

Fully funded lunch will be provided for children

**FREE**

**10:30AM - 12:30PM**  
**TUESDAY 13TH**  
**FEBRUARY**  
**PARK BY BMX TRACK**  
**LAWRENCE WESTON,**  
**BS11 0EZ**

**10:30AM - 12:30PM**  
**THURSDAY 15TH**  
**FEBRUARY**  
**BEVERSTON GARDENS,**  
**LAWRENCE WESTON,**  
**BS11 0SB**

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

Contact - [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
for more information



Children's Scrapstore: Open access play sessions (BS16)

**PLAY RANGER**

# FEBRUARY HALF TERM OPEN ACCESS PLAY SESSIONS

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**This session is all about MAGIC!**  
Fully funded lunch will be provided for children

**MONDAY 12TH FEBRUARY  
10:30AM-12:30PM**

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

**FREE**

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

Contact - [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
for more information

Children's Scrapstore, EBCC, PLAYFUL BRISTOL, Greater Community Foundation, WECIL, Supporting Independent Living, LPW, BRISTOL CITY COUNCIL

## Children's Scrapstore: Open access play sessions (St Anne's)

**PLAY RANGER**

# FEBRUARY HALF TERM 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.

**This session is all about MAGIC!**  
Fully funded lunch will be provided for children

**FRIDAY 16TH FEBRUARY  
10:30AM-12:30PM  
ST ANNE'S PARK, BS4 4DR**

**FREE**

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

Contact - [playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
for more information

**Children's Scrapstore** **PLAYFUL BRISTOL** **Quartet Community Foundation** **ESCA**

Children's Scrapstore: Play Squad (Lawrence Weston)



# 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!



The park on Beverston Gardens  
Lawrence Weston, BS11 0SB

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



\*Except Christmas holidays

## Children's Scrapstore: Open Access Play Sessions (Avonmouth)

**FREE** **OPEN ACCESS** **PLAY RANGER**  
**PLAY SESSIONS**

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

Expect arts and crafts, sports kit, construction materials and much more!

**EVERY WEDNESDAY**  
**STARTING 31<sup>ST</sup> OF JANUARY 2024**  
**3.30PM-5.30PM**

Avonmouth Community Centre Association  
257 Avonmouth Road  
Contact  
[playteam@childrensscrapstore.co.uk](mailto:playteam@childrensscrapstore.co.uk)  
for more information

here for everyone  
**AVONMOUTH COMMUNITY CENTRE ASSOCIATION**

**Children's Scrapstore**

Oasis Hub

BRISTOL CITY COUNCIL

PLAYFUL BRISTOL

## Children's Scrapstore: Open Access Play Sessions (BS16)



**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 and Christmas holidays

Children's Scrapstore EBCC LPW PLAYSM BRISTOL WECIL Supporting Independent Living

## Off The Record Workshops

We have new OTR workshops for 15–25-year-olds, starting for 4 weeks on the 13<sup>th</sup> February.

It is a CV writing and interview skills workshop.

Workshop overview:

- Session 1- Tips and guidance on preparing your CV
- Sessions 2 -Preparation of CVs for review
- Session 3 – Tips and guidance on preparing for interviews
- Session 4 – Practice interviews and feedback.

### Running dates

Tuesday

### Location

Vistra 10 Temple Back, Redcliffe, Avon, Bristol BS1 6FL

### Drop-in or sign-up?

Sign-up here [CV Writing & Interview Skills Workshop - OTR \(otrbristol.org.uk\)](https://otrbristol.org.uk)

### Age Range

15-25 year olds

### Running length

4 weeks

### Starting

13th February 2024 – 5 pm – 7 pm

Really Wild Lockleaze: Create a wild wetland walk in Lockleaze!



**CREATE A WILD WETLAND WALK IN LOCKLEAZE!**

**11–3pm Every Thursday in February and March**  
(apart from Feb 8th (10-12pm) & March 7th March 11- 1pm.)

**Lockleaze Sports Centre**

**Help plant trees and wetland wildflowers at Lockleaze Sports Centre, and create a new nature walk.**

Come and do an amazing thing and plant trees! Thousands of wildlife species depend on trees for food and shelter, and by absorbing carbon dioxide from the atmosphere, trees help to combat climate change.

Wetland habitat is incredibly important for lots of wildlife, and we will be improving it by adding lots of beautiful wild flowers.

Be part of this exciting project, and you can return to the walk we are creating, and watch your trees and plants grow and flourish for years to come.

No experience necessary, everyone is welcome & it's FREE!

**#CommunityClimateAction #BristolClimateAction #ClimateFundUK**

Contact the Really Wild Lockleaze team on [reallywild@lockleaze.nf.co.uk](mailto:reallywild@lockleaze.nf.co.uk), 01179141129 or pop into The Hub on Gainsborough Square, BS79FB.

# The plan!

## & Where to find us on work days:



Note wildflower areas in yellow will be sown in the autumn/winter 24/25



#CommunityClimateAction #BristolClimateAction #ClimateFundUK

Contact the Really Wild Lockleaze team on [reallywild@lockleaze.nhs.uk](mailto:reallywild@lockleaze.nhs.uk), 01179141129 or pop into The Hub on Gainsborough Square, BS79FB.

## Really Wild Lockleaze: Tree Planting



**Sunday February 25th, 10–4pm  
@ Muller Road Recreation Ground – on the  
slope across the middle.**

**Do your bit for nature, and the climate, by planting some trees!  
Learn how to do it properly, meet nice people, and drink tea!**

We will be planting native woodland patches on the slope across Muller Road Recreation ground.

Join us, and it could be one of the most important things you do this year - thousands of wildlife species depend on trees for food and shelter. By absorbing carbon dioxide from the atmosphere, trees help to combat climate change.

Planting them in your local park means you can watch them grow, and flourish!



**FREE - Just turn up on the day!**



**#CommunityClimateAction #BristolClimateAction #ClimateFundUK**

Contact the Really Wild Lockleaze team on [reallywild@lockleaze.rnl.co.uk](mailto:reallywild@lockleaze.rnl.co.uk), 01179141129 or pop into The Hub on Gainsborough Square, BS79FB.

# Information and services for parents / carers

## Mindful Parenting & Community Project: Stressbusting for Parents

# Stressbusting for Parents



## Free Course

This six-week course 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.

**Stressbusting for Parents/Carers supports us to:**

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

## FREE Stressbusting Course for Parents/Carers

Dates: Tuesday 20<sup>th</sup> February - Tuesday 26<sup>th</sup> March  
Time: 9.15am -11.15 am  
At: Shirehampton Primary School, St Mary's Walk, BS11 9RR  
Cost: FREE  
Contact: [mppc.bristol@gmail.com](mailto:mppc.bristol@gmail.com), [www.mppc.info](http://www.mppc.info), 07949399633  
or speak to Sarah at school.

## Mindful Parenting & Community Project: Online Mindfulness for Parents of SEND Children

### Mindfulness for Parents of SEND Children



### Pause • Soften • Connect • Be

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

This ten-week course allows parents to notice how you habitually react when under stress and how practising mindfulness techniques can help you to regulate your emotions more effectively, including becoming more resilient during stress. Therefore, you will become more able to pause, soften, connect with your breath and be in the moment with whatever difficulty that may be here. And then to respond more calmly and appropriately.

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

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

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

### Online Mindfulness for Parents of SEND Children:

Day: Fridays 9.30 am - 12 noon

Dates: 3<sup>rd</sup> May - 12<sup>th</sup> July 2024 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

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

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



## Nacoa

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

Nacoa's aims are: -

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

Nacoa's free, confidential telephone (0800 358 3456) and email helpline ([helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)) is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking. Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoa's services include: -

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

Tel: 0117 924 8005 Email: [admin@nacoa.org.uk](mailto:admin@nacoa.org.uk)

Web: [nacoa.org.uk](http://nacoa.org.uk) Socials: [@nacoauk](https://www.instagram.com/nacoauk)

## Shelter and B&Q

Shelter exists to defend the right to a safe home.

Thanks to our partnership with B&Q, the support and advice provided through our team of DIY Skills Advisers help turn unfit accommodation into comfortable homes.



Want to make your house feel more like home, but lacking the skills and tools?

We can help.



Working together to improve homes for all

© Shelter (Charitable Company) is a Housing Provider Limited. Registered charity in England & Wales (201133) and Shelter (20033301)

### How we can help

Our DIY Skills Advisers can help with housing improvements. By providing basic DIY training and hands-on help, we'll support you to turn a house in disrepair into a safe, comfortable home.

Here are some of the things we can help with:

- Painting and decorating
- Shelving
- Fitting of curtain rails, curtains and blinds
- Building furniture
- Fencing repairs & installation of gates
- Gardening and landscaping

We're not experts in everything, unfortunately we can't help with:

- Flooring or carpeting whole rooms
- Major plumbing, electrical work and gas maintenance
- Tree surgery or ongoing gardening work
- External or structural work



### Get in touch

If you would like to find out more about the service, please get in touch.

### Housing advice

For information and advice on general housing issues, visit: [shelter.org.uk/housing\\_advice](https://shelter.org.uk/housing_advice)

You can also contact your local Shelter hub:

Email: [adam\\_round@shelter.org.uk](mailto:adam_round@shelter.org.uk)  
Call: 07717701301

## BeeZee Families



**Bf<sup>h</sup> BeeZee Families**

**Ready for your family** 

**to feel healthier and happier?** 

Join **BeeZee Families** Live. A **free**, 12 week online course for you and your family. You can:

-  Join from the comfort of your home 
- Learn about healthy eating and wellbeing 
- Have fun and get moving with our games! 

Our expert team have already helped hundreds of families, and we're here to support you.

## Check out our timetable



5-8 year-olds

Monday 5:30pm, Tuesday 4:30pm



9-12 year-olds

Monday 6:30pm, Tuesday 6:30pm

Take the first step towards a healthier you today:



[beezeebodies.com/  
programs/families-live/](https://beezeebodies.com/programs/families-live/)

Most people visit our website

to find out more



[BZLiveCentral@  
maximusuk.co.uk](mailto:BZLiveCentral@maximusuk.co.uk)

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-1896

## Parent & Infant Art Therapy Group

MOTHERS FOR  
MOTHERS

CHLOE SPINDLOVE  
LEAD ART PSYCHOTHERAPIST &  
THERAPY COORDINATOR

# PARENT & INFANT ART THERAPY GROUP

SCHEDULE FOR NORTH BRISTOL CHILDRENS CENTRES - 2024

Sessions take place on Wednesdays 1-2:30pm, with a total of 8 sessions

Avonmouth Childrens Centre  
Catherine Street, BS11 9LG  
17th January-6th March 2024

Filton Avenue Children's Centre  
Filton Avenue Nursery School and  
Children's Centre, Blakeney Rd,  
BS7 0DL  
27th March-15th May 2024

Filton Avenue Children's Centre  
Filton Avenue Nursery School and  
Children's Centre, Blakeney Rd,  
BS7 0DL  
29th May-17th July 2024



### **If you are interested**

Contact us at:

therapy@mothersformothers.co.uk OR 01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations.

Infants need to be aged between 3months-24months



Helpline: 0117 9359366

## Parenting Groups: Parenting Puzzle



**FREE 4  
Week  
Group**

# PARENTING PUZZLE



**For parents of children aged  
0 - 5 years old**

**Workshop 1:** Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement

**Workshop 2:** Praise and Guidance vs. Criticism, Child-led Play, and Positive Moments

**Workshop 3:** Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict

**Workshop 4:** Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves



**Scan here to  
register  
your  
interest!**

**Visit your local Children's Centre website to find out more**



nbcc



EBCC



## Parenting groups: The Nurturing Programme



**FREE**  
10 Week  
Group

# THE NURTURING PROGRAMME

**FAMILY LINKS**

For parents of children aged  
**2 - 8 years old**

- Understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves



Scan here to register your interest!

Visit your local Children's Centre website to find out more



## Parenting groups: Antenatal Welcome to The World



**FREE 5**  
Week  
Group

# ANTENATAL WELCOME TO THE WORLD



-  Understanding your baby and baby's brain development
-  Your future as parents and as a family
-  Your roots, traditions, hopes and fears for the future
-  Infant feeding and the practical tasks of caring for a new baby
-  Practical Skills - safer sleep, bath time and changing nappies



**Scan here to  
register  
your interest!**

**Visit your local Children's Centre website to find out more**



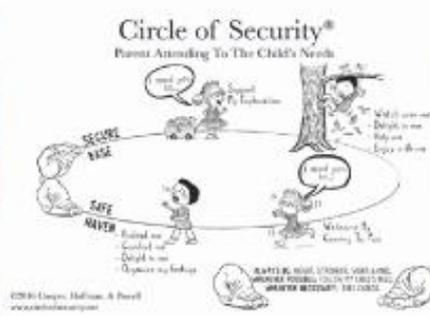
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EBCC



## Parenting groups: Circle of Security Programme



**FREE**  
8 Week  
Group

# CIRCLE OF SECURITY PROGRAMME



For parents of children aged  
**0 - 5 years old**

- Supporting your child's emotional needs
- Understand your relationship with your child
- Help your child manage their emotions
- Look differently at your own mental wellbeing



Scan here to  
register  
your  
interest!

Visit your local Children's Centre website to find out more



nbee



EBCC



NBCC: Groups and Support

V23B **nbcc** North Bristol Community Council

## Groups & Support

January - April 2024  

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Filton Avenue</b>	<p><b>ESOL</b> 9:30am-11:30am Introduction course for people wanting to improve their English To book please contact: richard.davies@bristol.gov.uk *Creche available</p> <p><b>Early Birds</b> 1pm-2:30pm Join us if you have a non-mobile baby who was born prematurely or spent time in special care after birth.</p>	<p><b>Childminders</b> 9:15am-11:15am A group for childminders to share good practice and ideas.</p> <p><b>Horfield Baptist Church Baby Hub</b> 10am-11:45am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p> <p><b>Health &amp; Social Care course</b> 1pm-3pm *Creche available</p>	<p><b>Stay &amp; Play</b> 9:30am-11am A play group for families with children 0-5</p> <p>Location: Horfield Baptist Church, 160a Gloucester Road, BS7 8NT</p>	<p><b>Baby Hub</b> 9:30am-11:30am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>	<p><b>Parenting Puzzle</b> (5 week parenting course) 9:30am to 11:30am from 12th January Please contact us for more information: nbcc@bristol.gov.uk</p>
<b>Stoke Park</b>		<p>Please contact Richard richard.davies@bristol.gov.uk</p>	<p>For more details and to book please email: admin@honestartbristol.org.uk or phone: 0117 9501170</p>	<p><b>Mums in Mind</b> 10am-12pm A peer support group for mums with a child under 2</p> <p><b>Stay &amp; Play</b> 1:30pm-3pm A play group for families with children 0-5.</p>	
<b>Southmead</b>	<p><b>Young Parents</b> 10:30am-12:00pm A drop-in group for young parents under 23 and their children. Meet other young parents in your area</p> <p><b>Rockabye</b> 1pm-2:15pm Have you recently had a baby? Are you feeling anxious or low? We offer a space to share experiences and connect with your baby.</p>	<p><b>ESOL</b> 9:30am-11:30am Introduction course for people wanting to improve their English. To book please contact: richard.davies@bristol.gov.uk *Creche available</p> <p><b>Infant Feeding Group</b> 12:30pm-2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.</p>	<p><b>Nurture Parenting Course</b> 9:45am-11:45am from 21st February A parenting course for parents with children aged 2 to 10 years. Please contact us for more information: nbcc@bristol.gov.uk</p> <p><b>Stay &amp; Play</b> 1pm-2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.</p>	<p><b>Baby Hub</b> 9:30am-11:15am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>	<p><b>Sensory Baby</b> 10am-11:15am Support your baby's language development, bond and have fun helping them understand the world around them. For babies up to 1 year</p>
<b>Upper Horfield</b>			<p><b>Murmuration Wellbeing group for SEND parents/carers</b> 10:30am-12pm *Current Course Full</p>		<p>Please visit the website for more info: www.murmurationcommunitytherapy.com</p>
<b>Long Cross</b>	<p><b>Community Learning</b></p> <p><b>Maths for Adults</b> 9:30am-11:30am</p> <p><b>English for Adults</b> 1pm-3pm To book please email: lcinfo@nbcc.gov.uk or phone: 0117 2510230</p>	<p><b>Baby Hub</b> 9:00am-11:00am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p> <p><b>Mums in Mind</b> 12:30pm-2:30pm A peer support group for mums with a child under 2.</p>	<p>For more details and to book please email: admin@honestartbristol.org.uk or phone: 0117 9501170</p>	<p><b>Stay &amp; Play</b> 9am-10:30am A play group for families with children 0-5.</p> <p><b>Infant Feeding Group</b> 12:30pm-2pm A supportive session to help you and your baby get the most out of breastfeeding.</p>	
<b>Sea Mills</b>		<p><b>Childminders</b> 9:45am-11:15am A group for Childminders to share good practice and ideas.</p>	<p><b>Baby Hub</b> 9am-11am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>		
<b>Avonmouth</b>	<p>Please contact Helen on 07825 315732 for more information</p>	<p><b>Rainbow Group</b> 9:30am-11:30am Supporting families with children who have additional needs, in a safe environment.</p>		<p><b>Childminders</b> 9:45am-11:15am A group for childminders to share good practice and ideas.</p>	<p><b>Stay &amp; Play</b> 9:30am-11:00am A play group for families with children 0-5</p>
<b>Brentry</b>			<p><b>Baby Hub</b> 9am-11:30am Gain support from your health visiting team, children's centre staff &amp; other parents. For families with children 0-5.</p>		<p><b>Scan to view our online timetable and more!</b></p> 
<b>Henbury</b>		<p><b>Stay &amp; Play</b> 1:15pm-2:45pm A play group for families with children 0-5.</p>	<p><b>Infant Feeding Group</b> 11:30am-1pm A supportive session to help you and your baby get the most out of breastfeeding.</p>		

**www.northbristolcc.org.uk**

**Bristol Family Hubs** 

SAY: Send and You SENDIAS



**SAY**  
SEND AND YOU  
SENDIAS

## **SEND Advice Drop in @Wellspring Settlement Barton Hill**

Free statutory advice service. This is your chance to meet with a qualified SENDIAS Practitioner in confidence for advice and information about special educational needs.

We can advise about SEN Support in school, Applying for an EHCP, preparing for meetings, your legal rights and more... No need to book just come along.

### **Dates:**

**29th February 2024**

**28th March 2024**

**25th April 2024**

### **Time:**

**10.30 -12 noon**

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



**SAY**  
SEND AND YOU  
SENDIAS

## Out and About: Short breaks for Disabled children (5-19)

### **About Us**

The Out and About Team offer a variety of different services to support Disabled / SEND Children and Young People. Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years. We provide a variety of different services for Children and Young People, these include: • Specific provision for Sensory Impairments • Specific provision for Neurodivergent • Specific provision for BAME Families • Befriending Service • Family Activities and Trips • Activities for Disabled / SEND Children and Young People. We work in partnership with **WECIL, Khaas** and **F.A.C.E**

### **Holiday Short Breaks (HSB)**

HSB runs during the school holidays and is a specialised service aimed at young people aged 5 to 18. We offer breaks for young people who attend specialist schools or have complex or challenging needs. We work in partnership with the Disabled Childrens Service and people can use their Direct Payments to access the direct payment service that runs alongside HSB. To discuss access to the direct payment service, you will need to speak to your social care practitioner.

### **After School Sessions**

#### **F.A.C.E**

Specific group for Neurodivergent young people. Aged 8 -13 & 13 – 18. Tuesdays: Southmead Adventure Playground. Thursdays: Felix Road Adventure Playground.

**WECIL** – Youth Groups ages 13 – 18. Tuesdays: Hillfields Youth Centre, Fishponds  
Thursdays: The Park, Knowle Group. Thursdays: Southmead adventure playground.

For Sensory Specific Impairments Thursdays: BCL North, Southmead, Ages 5-18 5.00-7.00 pm

### **Weekend Sessions**

Saturday Trips for Sensory Specific Impairments Ages 5-18 BCL North and Various outings

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

**WECIL** Saturday Sessions and Trips aged 13 – 18 Various Trips and activities throughout the year. Must attend another WECIL youth Group to attend.

**Stay and Play** Age 5-12 Families are invited to come along to various activities (climbing, pictures, adventure playgrounds etc) usually on a Saturday.

**Closed Play** Age 8-12 Usually on a Saturday, alternating between adventure playgrounds and out and about activities (Cinema, Zoo etc) Booking Required

## **School Holiday Sessions**

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

**Holiday Short Breaks** (HSB) Age 5 to 18 Holiday session for complex needs during school holidays.

## **Befriending**

WECIL's befriending service links volunteer buddies 1:1 with a Disabled child or young person, to regularly spend time doing something they both enjoy! Our befriending service gives Disabled / SEND Children and Young People an opportunity to go out independently, increasing their self confidence and feeling of self-worth through being linked 1:1 with a volunteer 'buddy', whilst providing families with valuable short breaks. Our volunteers are DBS checked and trained, and can offer 2-3 hours of support per week.

Please note: Whilst our volunteer Befrienders undertake training, we cannot guarantee that they will have the necessary experience in dealing with any specific needs. Our volunteers are not expected to administer medication or assist with personal care. These factors should be taken into consideration when assessing a child or young person's suitability for this service.

**Any questions or to find out more please email [OutandAbout@wecil.org.uk](mailto:OutandAbout@wecil.org.uk) or call 07835 611651.**