

**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



@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
OR emily.spruce@princes-trust.org.uk for
more details





▶ GET STARTED

Email rosie.kinnear@princes-trust.org.uk
OR 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

 06/11/2023-09/02/2024

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



IN PARTNERSHIP WITH
 THE PRINCE'S TRUST

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



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 07813 366331

 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
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



@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



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



@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 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

Book here



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

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

Felix Road Adventure Playground Girls



FELIX GIRLS
Fridays 3.30 to 5.30pm

Includes
Light Meal

Email jaiya@upourstreet.org.uk
Call 07572 708 293

A girls only play session at Felix Road Adventure Playground, facilitated by female playworkers.

Alongside free play there are a range of activities - **football / dancing / arts and crafts / listening and choosing music / cooking and making mocktails /** What happens at Felix Girls is led by the Girls who attend, so come along with ideas!

No need to book just turn up.

For more information

Girls over eight can come along unaccompanied or under eights with female carers. Dads and male carers will be asked to drop off and pick up (as long as the child is 8+).

We welcome trans and nonbinary children who may feel more comfortable in a girls-only space.

EASTSIDE COMMUNITY TRUST

DigiLocal Felix Road Adventure Playground **DigiLocal Girl's Coding Club** every Friday after Felix Girls between 5.30 to 6:30pm

Use the online form to enquire about a place: digilocal.org.uk/eoi

FELIX GIRLS Activities for December

FRIDAY 1 FRIDAY 8 FRIDAY 15 FRIDAY 22



Ask at the playground for more information about the trips and how to attend.

Felix Road- Christmas Holidays



EVERY DAY: FESTIVE ARTS AND CRAFTS!

WINTER GROTTO DEN BUILDING!

CHRISTMAS HOLIDAYS

@FELIX ROAD ADVENTURE PLAYGROUND

FREE HOT MEALS AND LOTS OF FUN ACTIVITIES THROUGHOUT THE HOLIDAYS



SCHOOL HOLIDAY OPENING TIMES

CHRISTMAS PARTY
Sunday 17 Dec, 1 to 5pm

CHRISTMAS HOLIDAY OPENING HOURS:
Mon 18 December to Thu 21 December, 12 to 4pm

FELIX NIGHTS, Wednesday 20 December, 4 to 6pm

FELIX GIRLS trip Friday 22 December (please speak to a member of staff at Felix Girls for more info)

(Term-time opening hours resume Mon 8 Jan 2023)

Food is fuel for play and throughout the holidays the playground will be open serving fully funded hot meals cooked by our wonderful kitchen team.

FREE HOT MEALS FOR CHILDREN AND YOUNG PEOPLE



Department for Education

Find out all the latest information on our Facebook page @Eastsidebris

Food and activities funded by Your Holiday Hub

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

<p>THURSDAY 7TH DECEMBER 10:45am - 12:15pm</p> <p>The beginning - taking the very first steps on your new SEND path</p>	<p>MONDAY 29TH JANUARY 10am - 12pm</p> <p>What we need from SENDIAS services: Focus Groups, Open Forum and expert advice</p>
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SCAN ME

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

 0117 950 3335
 jenlister@southmead.org

SAY



SEND AND YOU
SENDIAS



Mindful Parenting & 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: mpcp.bristol@gmail.com, www.mpcp.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



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: evipayne@southmead.org, tel: 0117 950 3335. Greenway Centre, BS10 5PY. www.southmead.org

SOUTHMEAD DEVELOPMENT TRUST

Winter Wellbeing at the Farm



Free hot meal included

WINTER WELLBEING AT THE FARM

for girls and young women aged 13-16



Are you interested in finding ways to support your mental health and wellbeing in nature?

Come and join us at the farm. Make friends, share a meal and learn new skills including crafting, growing and animal care in a warm and supportive space.

TASTER SESSIONS: 4TH AND 11TH DECEMBER 4-6 PM, FOLLOWED BY A 9 WEEK PROGRAMME STARTING ON THE 15TH JAN



Referrals only- To refer a young person or for self referrals please email Jill at childandyouth@swcityfarm.co.uk

01179428241

childandyouth@swcityfarm.co.uk

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
[@m4mbristol](https://www.instagram.com/mothers_for_mothers)


**mothers
for mothers**
perinatal mental health support


Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

Nacooa



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

FREE Helpline 0800 358 3456
helpline@nacooa.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

Nacooa (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.

Nacooa'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

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

Nacooa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacooa.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 (Nacooa)
PO Box 64, Bristol, BS16 2UH
Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacooa.org.uk
Web nacooa.org.uk
Socials @nacooauk



Urban Park, Barton Hill Free play sessions



Come with friends and make new ones.
Join in with games, sports, arts & craft activities. Snacks and drinks available.

Kaalay saaxiibo oo samee wax cusub.
Ku biir ciyaaraha, ciyaaraha, fanka iyo farsamada. Cunto fudud iyo cabitaan la heli karo.

تعال مع الأصدقاء وتكوين صداقات جديدة.
انضم إلى الألعاب والرياضة والفنون والأنشطة الحرفية.
الوجبات الخفيفة والمشروبات المتاحة.

Free Play sessions

at
Urban Park, Barton Hill
Every Wednesday
3-5pm in term time.

Kulamada Ciyaarta Bilaashka Ah
at
Urban Park, Barton Hill
Arbaca kasta
3-5 galabnimo

جلسات اللعب المجانية
في
أوربان بارك، بارتون هيل
كل أربعاء
3-5 مساءً



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.

TAVISTOCK RELATIONSHIPS
Improving Lives for Generations

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

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.



Arguing better

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

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



Me, You and Baby Too

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

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



Getting it right for children

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

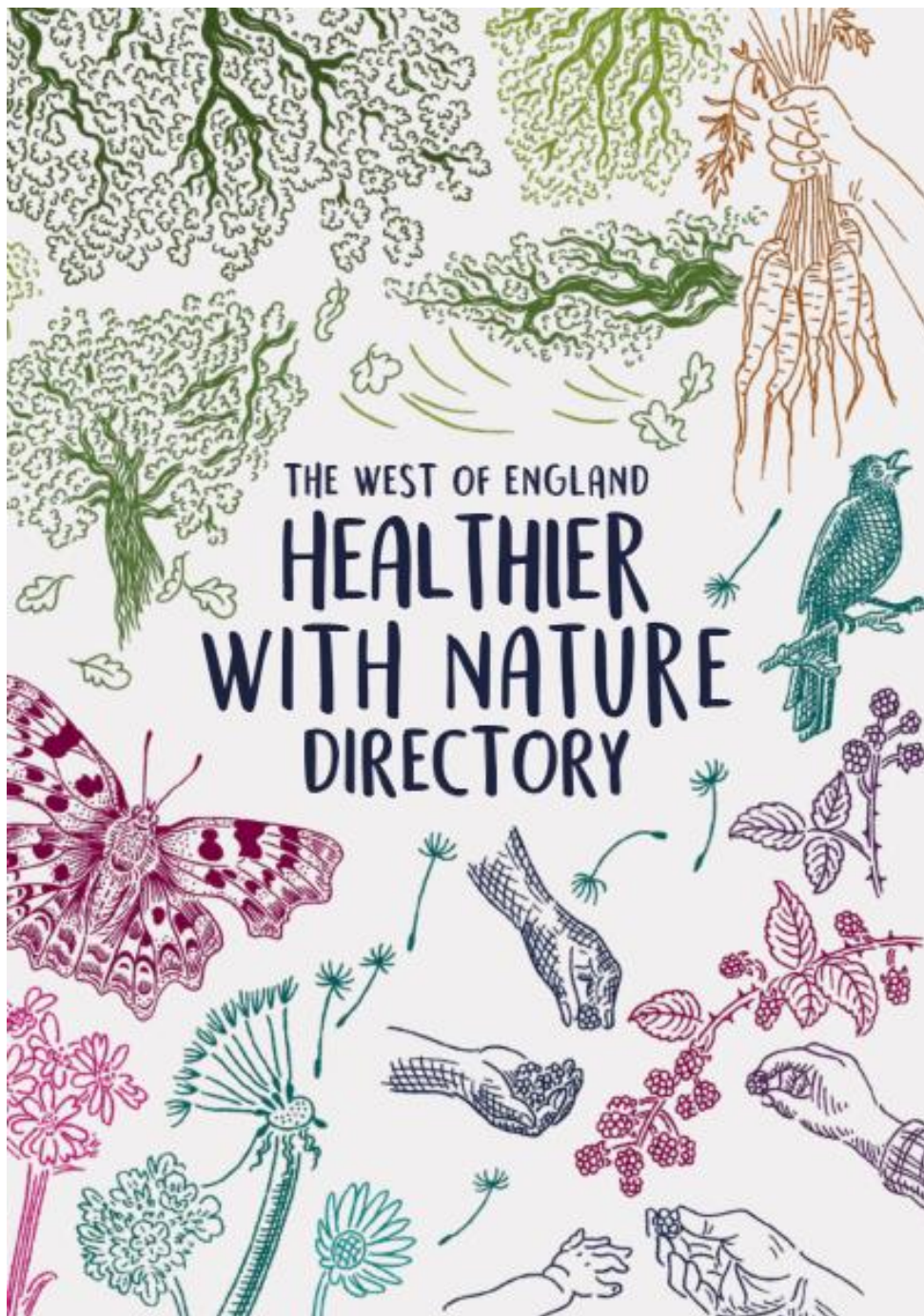
- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

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

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



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](#)

Barton Hill Youth Club- Thursday

BE A PART of a new youth space INFLUENCE your community



Starts Thursday 16th November,
then every Thursday, 3.30 to
5.00pm Dings Youth Club

If you're age 12 to 17,
come along to help
create a new youth club
in Barton Hill ahead of its
opening in 2024!

- Have your say in
what **YOU** want to
see in the youth
club
- Form new
relationships in
YOUR community
- **FREE** games,
sports activities,
and refreshments
provided!

For more
information contact
Luis:
07928 813546
Luis.dias.wsb.org.uk

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 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

Barton Hill Youth Club Friday

BE A PART of a new youth space INFLUENCE your community



Starts Friday 24th November, then
every Friday, 3.30 to 5.00pm
Settlement Site, Ducie Road

If you're age 12 to 17,
come along to help
create a new youth club
in Barton Hill ahead of its
opening in 2024!

- Have your say in what **YOU** want to see in the youth club
- Form new relationships in **YOUR** community
- **FREE** games, sports activities, and refreshments provided!



For more
information contact
Demi:
07880 945176
dolunmogan@
lpw.org.uk

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 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

Football at the cage

FOOTBALL at The Cage



4.00 to 5.30pm, every Tuesday
Starts 5th September

Open to boys and girls aged 12
to 15 years.

Come along for a fun
and friendly kick
about every week!

No need to book, just
come along.

The Cage,
Mildred Street,
BS5 9QR

For more
information
contact Luis on
07928 813 546



**FREE
AND
FUN!**

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 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

Open access Play session- Barton Hill Urban Park

Free Open Access Play Sessions!

Football, Basketball, Arts & Crafts, Music... and much much more!

Every Tuesday 3:15pm—5:15 pm
with **Bristol Somali Youth Voice & Learning
Partnership West**

Barton Hill, Urban Park, Bristol BS5 9LY

For children between ages 4-14

Under 8's must be accompanied by an
adult.

Contact details:
Bristol Somali youth voice.
info@bristol-youthvoice.org.
07449919302.
www.bristol-youthvoice.org.



Free Forest school sessions- Pre school children

Free family forest school sessions

St Nicholas of Tolentine RC Primary school are holding free family forest school sessions for local pre-school children and families.



When?

The following Wednesdays at 1.30pm – 3pm:

- 24th January 2024
- 28th February 2024
- 27th March 2024
- 8th May 2024
- 3rd July 2024



If you would like to attend, please call the school office on 0117 377 2260 or email st.nicholas.p@bristol-schools.uk to book a place!

We have access to indoor space for forest school if it is raining!



Beezee Bodies



Bf^{Hh} 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!

The advertisement features a photograph of a woman with dark curly hair smiling and hugging a young girl from behind. The woman is wearing a white sweater, and the girl is wearing a grey t-shirt. The background shows a kitchen counter with various items. The text is overlaid on a teal and orange background with decorative elements like yellow arrows and a scalloped edge.

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/

Most people visit our website

to find out more



BZLiveCentral@maximusuk.co.uk

For alternative formats, email marketing@maximusuk.co.uk quoting X22-1896

Premier Holiday Camps



MULTI-ACTIVITY CAMP

PREMIER HOLIDAY CAMPS

INSPIRING ACTIVITY
All holiday camps are
Age: 5-12
08:45-15:30 £22.06 Per Day

SCAN HERE FOR MORE INFORMATION
or visit premier-education.com/holiday-camps

Trustpilot
★★★★★
Based on over 15,000 reviews

PREMIER CAMPS NEAR YOU

HORFIELD COFE PRIMARY SCHOOL
December - Mon 18, 19 & 20th February - Mon 12th, 13th & 14th
Easter - Tues 2nd & 3rd & Mon 8th to 10th April
Whitsun - Tues 28th - to Wed 29th May

FISHPONDS COFE ACADEMY
December - Monday 18th to Friday 22th Holiday Activity & Food Programme places available
February - Thur 15th and 16th Easter - Thursday 4th & 5th & 11th and 12th
Whitsun - 30th May and 31st

CHRIST CHURCH, COFE JUNIOR SCHOOL, DOWNEND
December - Thurs 21st & Fri 22nd

SEFTON PARK INFANT AND JUNIOR SCHOOLS
Tuesday 2nd January

PLEASE BRING
Plenty of water
Suitable clothing
Loads of energy!

Mix it up this half-term with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before - from roller skating to fencing, lacrosse to cheer.

Book now for a half-term full of fun!

For more information please contact Alana aturner@premier-education.com

Our activity timetable for all venues can be found on Facebook - Premier Education Bristol

SCAN HERE FOR MORE INFORMATION
or visit premier-education.com/holiday-camps

Trustpilot
★★★★★
Based on over 15,000 reviews

Love Squared



DROP THE PRESSURE

Telephone Listening Support (ages 10-18)

Drop the Pressure provides weekly remote emotional support calls run by a team of experienced and well-trained volunteer listeners who can help talk through sticky situations, find strategies to manage anxiety, help prepare for something you care about or share a few laughs. It's a confidential space to explore feelings alongside an empathetic person. We also provide emotional support for parents/carers who might need someone to talk to on a regular basis for light-touch emotional support.

Drop the Pressure
Free long term telephone listening support

Who?

- Ongoing weekly sessions for young people (ages 10-18) experiencing issues surrounding mental health /emotional wellbeing.
- Listening support for parents & carers.

When?
Thursdays,
Between 4-7.30pm
Up to 1 hour weekly sessions

What?
Our team of trained volunteers are here to listen to you about any issues, big or small, that matter to you. Sessions are via phone/ text and provide a space for you to talk, be yourself, and be heard.

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. wesport Voscur
Company number: 08977922. Quarel Community Foundation Garfield Weston



TRANSITIONS

Therapeutic Online Group (Year 7s)

TRANSITIONS is a creative therapeutic online group for young people in year 7 as well as those not attending school (in the same age group) who may be feeling anxious or isolated.

TRANSITIONS is a supportive group to connect with peers and explore thoughts and feelings through games, conversations and creative activities with guidance from a lead mental health practitioner. The group runs online during the term-time with in-person workshops in the school holidays including; creative sessions, cooking, nature-based activities and more! This is part of our Glow Groups, therapeutic small groups for children and young people.

How to refer:

Please email maddie@lovesquared.org.uk or call us on 0117 366 0079.



Community Cook up – St Werburghs City Farm



COMMUNITY COOK UP

for 11-16 yo on free school meals



Do you love to cook?

Come and join us for our community cook up to meet some other young people and cook and serve a free three course meal to our local community, including your family and friends.

18TH, 19TH AND 20TH DECEMBER
ST WERBURGH'S CITY FARM
11AM-3PM
FREE!!

This is only for young people on free school meals. To book on please email ro at childandyouth@swcityfarm.co.uk



☎ 01179428241

✉ childandyouth@swcityfarm.co.uk

Murmuration Community Therapy- New SEND Parent Carer Nurture Groups



MURMURATION COMMUNITY THERAPY



New SEND Parent Carer Nurture Groups

Starting January 2024: 8 sessions to build emotional wellbeing and friendship amongst a small group of SEND parents.

Brislington - Tuesdays - 1-2:30pm

Broomhill Children's Centre, Fermaine Ave, Brislington, BS4 4UY

Upper Horfield - Wednesdays 10.30am - 12noon

Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

Eastville - Wednesdays 8 - 9.30pm

Nissen Hut, Eastville Park, Fishponds Rd, Eastville, BS5 6XA

Places are free, we welcome donations.

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



MURMURATIONCOMMUNITYTHERAPY

Strengthening Families Strengthening Communities

Starts Thursday 11th January 2024 and runs for 11 weeks, excluding school holidays

9.30am to 12.00pm

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 by scanning the QR code:



strengthening families strengthening communities



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



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX
0117 955 6971

www.wellspringsettlement.org.uk 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

About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

SFSC runs weekly for 11 weeks, excluding school holidays. Some groups provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!



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

"Thank you for the course. I found it informative and helpful, I learned tips I never knew before"

"I found all information helpful, I am remembering to calm down before reacting. Great group discussions, it felt trusting and I felt listened to"



The Birch Collective



The Birch Collective work alongside 16-25 year olds experiencing mental health issues and social isolation. We walk alongside them through their transition to adulthood, unlocking their potential to be resilient, motivated and empowered individuals who are capable of making positive changes in their lives. By developing a deeper connection to nature, self and the wider community through group experiences in the natural world, this project addresses social isolation, nurtures new passions and helps young adults feel accepted and appreciated for who they are.

Our groups are ideal for 16-25 year olds who:

- Would benefit from time spent outside with others
- Are struggling to engage with study or work
- Have mental or physical health struggles
- Are experiencing loneliness or isolation

We run a weekly group, residential camps, Therapeutic Forest School, a yearly Steering Group and 1:1 nature based mentoring. For more information on these, please [click here](#).

We currently have space for new participants in Fresh Air Thursdays:

Our free weekly land skills and wellbeing session for 16-25 year olds 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.