



# Families in Focus Bulletin - Part 1

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

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

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

**Part 1 – Information and Support for Families, Parents/Carers and Young People**

**Part 2 – Information and Support for Practitioners**

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.



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# *Activities for Families*

Your family are invited to the

# ALL SAINTS FAMILY CAFE

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

Play sports and games

Create with crafts

Make new friends

Free food available for  
all the family.

Tuesday 13th and  
Thursday 15th  
February

3pm - 5.30pm

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



Booking is essential as space is  
limited scan the QR code or  
message Amy 07749 812131  
for the link.

Priority given to families on eligible free school  
meals.

  @allsaintsfamilycafe



Forest Play- St Werburghs City Farm



# FOREST PLAY

<b>FOR</b> <b>7-12</b> <b>YEAR OLDS!</b>	<b>12TH-14TH FEBRUARY</b>
	<b>St Werburghs City Farm</b> WATERCRESS ROAD BS2 9YJ, BRISTOL
	
<b>CAMPFIRE - COOKING - CRAFTS - GAMES</b>	

**APPLICATION THROUGH REFERRAL ONLY**

EMAIL: [CHILDANDYOUTH@SWCITYFARM.CO.UK](mailto:CHILDANDYOUTH@SWCITYFARM.CO.UK)

Your family are invited to



# ST LUKE'S LUNCH

Food and Play in the school holidays in partnership with Travelling Light and the Family Centre

Monday 12th and Wednesday 14th February

Travelling Light Studio, Wellspring Settlement,  
43 Ducie Rd, Barton Hill, BS5 0AX

## 12 - 12.45pm Family Cafe

Join us as a family to create and eat your own lunch. Parent/carers stay to eat too. Booking needed. Last food served 12.30pm

## 1 - 2.30pm Travelling Light Activities

Creative play, drama, games and crafts. For children in yrs 1 - 6. Drop off available. Booking needed



## 1 - 2.30pm Family Centre (next to Travelling Light)

Drop in for a parent carer stay and play for children/babies 4 and under.



Booking is essential as space is limited. Scan the QR code to request your space. Any questions or if you need help with booking message/call Amy 07801 762655



*Services and  
opportunities  
for  
Parents/Carers*

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



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**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)**

  
**mothers  
for mothers**  
perinatal mental health support

**NHS**  
Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group



# 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: Wednesday 21<sup>st</sup> February - Wednesday 27<sup>th</sup> March  
Time: 9.15am - 11.15 am  
At: Briarwood School, Briar Way, Fishponds BS16 4EA  
Cost: FREE  
Contact: [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com), [www.mpcp.info](http://www.mpcp.info), 07949399633  
or speak to Tina at school.

Child Nutrition- Support with food and mealtimes.



## CHILD NUTRITION

### Support with Food & Mealtimes

- Fussy Eating & Nutrition
- Online via Google Meet
- 2x group sessions + 1x 1:1s

Register for a free place now

**Starts mid-March 2024**

**Fully funded - no cost**

**THIS COURSE IS DESIGNED  
FOR ALL PARENTS OF  
CHILDREN AGED 2 - 11YRS.**



This course is run by Sofie Hope, former Food and Nutrition lecturer at Bath's Norland College. This course provides parents the knowledge and confidence to meet their child's nutritional needs.

The course includes tips and tools to take home and try out.

Parents will have the opportunity ask questions and receive tailored support during the groups sessions and in the 1:1 call after session 2.



Parentinghub.co.uk

contact@parentinghub.co.uk

07779086892



# 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)



Helpline: 0117 9359366



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:



[beezebodies.com/programs/families-live/](https://beezebodies.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 X22-2024



## Mini Retreat

Monday 26th February 10.00-13.00  
St Werburgh's Community Centre

A half-day delicious treat for SEND parents made up of guided relaxation, cake, sharing, connecting with other parent carers and restorative yoga - the most unchallenging sort where you basically get to lie around on cushions!

We might even sing to you :-)



<https://www.eventbrite.co.uk/e/february-murmuration-mini-retreat-for-send-parent-carers-tickets-775438245667>



MURMURATION  
COMMUNITY  
THERAPY

## Mothers for Mothers- St George



*"Mental health problems can affect anyone. You can talk to us without feeling embarrassed."*

Come along to our support group in

# St George

Every Tuesday - 10:00am to 12:00pm  
at The Beehive Centre, 19a Stretford  
Road, Whitehall, Bristol, BS5 7AW

Contact us at [groups@mothersformothers.co.uk](mailto:groups@mothersformothers.co.uk)



*perinatal mental health*



**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



*Services and  
opportunities  
for young  
people*

# Babbasa- Youth Empowerment



We are a Bristol-based social enterprise that sets out to support young people (16-30) with their professional aspirations, irrespective of their background. Our mission is to inspire and support young people from low-income and ethnic minority communities to pursue and achieve their professional ambitions.

## What's On?

NEED SOME SUPPORT WITH A CV OR APPLYING FOR A NEW JOB? WANT TO TALK TO INDUSTRY PROFESSIONALS?

**MENTOR CLUB**

**19th Feb** 5 PM - 6.30 PM  
BABBASA OFFICE BACKFIELDS HOUSE

A RELAXED AND INFORMAL SPACE TO CONNECT WITH PROFESSIONALS

**OUR CITY 2030**

**10 YEARS TRANSFORMING LIVES** **Eastville Youth Club** **IMAYLA**

Sessions for 12 -16 year olds

Every Thursday 4 - 6pm @ The Nissen Hut Eastville Park, Fishponds Rd Bristol

Come and be a part of our new youth sessions, with activities, sports and cooking. Every Thursday after school @ The Nissen Hut - opposite the basketball court

Run by Young People for Young People

To find out more contact Joe@imayla.co.uk 07843785088 or Sylvia 07738179048

### Ever dreamt of being an animator?

Aardman is offering 4 fully-funded course spaces to our young people at Babbasa. Their Industry Training course Stop Motion 1 involves 12-weeks of online guided teaching, supported by weekly practical tasks and Mentoring to build the right foundations and practical skills in character animation, delivered by a team of highly experienced tutors and mentors.



Please visit our website to find out more information on events and job opportunities.

- [babbasa.com](http://babbasa.com)
- 0117 924 1707
- [admin@byep.org.uk](mailto:admin@byep.org.uk)
- [babbasahub](https://www.instagram.com/babbasahub)



## Engage Mentoring Programmes



We believe that **learning is a relational** activity, which takes place in education settings and the community. Our highly personalised **1:1 and small group mentoring** support is **co-constructed** with the referring school or agency and parents/carers to ensure we meet children and young people's needs.

### Our support focuses on:

- ★ Improving children and young people's self-regulation, resilience and respect for themselves, peers and adults
- ★ Supporting children and young people's social, emotional and mental health
- ★ Supporting parents to engage with their child's education
- ★ Improving children and young people's attendance, aspirations and enable them to reach their full potential
- ★ Reducing fixed term and preventing permanent exclusions
- ★ Diversionary activities that reduce antisocial behaviour, crime and serious youth violence
- ★ Providing a mechanism for maintaining agency engagement, awareness and support at a point where statutory provision drops off
- ★ Reducing the risk of holiday hunger by offering healthy drinks and meals
- ★ Aiding transition back into school after the holidays.



Examples include but are not limited to:

### LPW 1:1 work:

We created a programme for a student who was at risk of dis-engagement, and struggling to find **positive relationships** in their local community. Working on a 1:1 basis we supported them with **numeracy** and **literacy**, which was seen as a barrier to engagement. This young person is now highly engaged, **making good academic** and **social progress**.

*"LPW's creative approach to bespoke timetabling and quick reaction to our request for support meant that a learner who was at risk of becoming disengaged from his studies at a crucial point of Yr11 is now making progress and enjoying his learning once again."* Bristol Cathedral Choir School

LPW received a **ROUTES** referral for 1:1 support. The young person was involved in **street conflict**, serious violence and **gang activity**. Relationships had broken down within the family home and he didn't have a school placement. We **built strong relationship** with the young person and focussed on keeping him **safe**. We supported the young person to acknowledge his behaviour and actions, put a plan in place to make **positive changes and rebuild** his relationship with his parents. The young person has now moved home and is expected to return to education.

### Examples of Small Group work:

We developed an **identity project** for young people delivering 2 hours per week over 12 weeks, helping them **communicate** with professionals about **understanding diversity** within a mainstream setting, resulting in the production of a toolkit for education professionals to support young people with their identity.



*"I am happy with the involvement that my daughter has had with her engagement worker. She's not been in as much trouble with the police recently, is learning new things and even baked me a cake the other day. LPW are having a really positive impact." Parent.*

*"The LPW team has been an amazing addition to our staff team, they are attentive and supportive. Our pupils feel like they are really easy to talk to and take the time to support and understand them and the team are reflective of our pupils which is a great addition." College Head of Safeguarding.*

### We are play and Forest School specialists:



As an example, we ran a programme of half day **forest school** provision in a south Bristol primary school targeting children with emotional and behavioural difficulties. Using the **outdoor environment**, we were able to support children to engage, **improve attendance** and attainment. School staff have reported childrens' **improved behaviour** within the classroom and ability to self-regulate.

*"The pupils really enjoy the lunch time forest school sessions. Most of these pupils were identified as having poor skills and unable to play a game nicely with others. Through the programmes LPW staff helped pupils to learn new skills, as well as how to take turns, being patient and the confidence to work as part of the team!" Primary School.*



### Costs

Session Type	1:1 cost per 12 week programme	Group* cost per 12 week programme
2 hours per week (minimum charge)	£1,620	£4,500

\*Group price: Two Engagement Workers, working with up to 8 children/young people in their mainstream setting. For larger groups please enquire. Costs exclude VAT and are correct at the time of printing. Please check our website for current prices.

If you would like to know more about **LPW and our range of Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below. E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) or call **0117 987 3700**

LPW House, Princess Street, Bedminster, BS3 4AG  
 T: 0117 987 3700 E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) W: [www.lpw.org.uk](http://www.lpw.org.uk)  
 Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

## Inspire: Training, development and workshops



Our **Inspire Programmes** are all bespoke and support multi-agency development and **training** by upskilling professionals to deliver their own **high quality** relationship driven interventions where appropriate. We also provide **workshops** and **assemblies** to enable children and young people to make more informed decisions themselves.

### Conflict resolution training

*In response to increasing anti-social behaviour in the community, we have been commissioned to deliver conflict resolution training to staff at a community anchor organisation.*



### In school workshops - Understanding Serious Youth Violence and Child Criminal Exploitation

*"Most of the teachers don't understand us. Only one or two teachers do. Talking to you is different and helped me to understand what the issues are and how to keep safe. LPW understood what I was saying." Young person*

### Culture awareness training in working with Gypsy and Roma Traveler communities

*"The training has given a greater awareness of the need to include the Gypsy Roma Traveler community and the difficulties they face integrating themselves, so we have thought of ways to restructure to go to them as opposed to offering events that are far from their sites."*

**LPW can provide certified safeguarding training to schools and community organisations.**

### Staff training- 'How to hold difficult conversations with young people'

*"Today helped me to see I need to try to spend more time with students in a nice relaxed way rather than dealing with the 'day to day'. Also how important it is to build trusted professional relationships."*

*"The training gave me a great insight into the challenges faced by Gypsy Roma Travelers within Bristol and wider."*

If you would like to know more about **LPW and our range of Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below.

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) or  
T: **0117 987 3700**

# Premier Holiday Camps



**FEBRUARY HALF-TERM**



**SCAN HERE FOR MORE INFORMATION**  
or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)



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

**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!**

**PREMIER HOLIDAY CAMPS**

**£22.06 PER DAY**  
*FOR AGES 5-12*

**HORFIELD**  
COFE PRIMARY SCHOOL  
MONDAY - WEDNESDAY  
12th - 14th February  
08:45 - 15:30



**CHRIST CHURCH**  
DOWNEND, INFANTS  
MONDAY - FRIDAY  
12th - 16th February  
08:45 - 15:30



**PLEASE BRING**

- Water bottle
- Packed lunch
- Suitable clothing
- Loads of energy!

 Like our page for up to date offers, information and activity timetables, simply search 'Premier Education Bristol'

 For more information email Alana: [aturner@premier-education.com](mailto:aturner@premier-education.com)



**Premier**  
Education

**INSPIRING ACTIVITY**

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](mailto:childandyouth@swcityfarm.co.uk)



☎ 01179428241



[childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)



# YOUTH CLUB



For young people of  
secondary school age

Want to get out of the house, meet some new people and do something different? Come and just hang out or get involved in activities such as:

- 🐣 Bush craft skills and games
- 🐣 Natural crafts such as felting and candle making
- 🐣 Cooking on the fire
- 🐣 Woodwork skills
- 🐣 Occasional visits to the farm to care for the animals

**Every Tuesday, 4 - 6pm  
during term-time**

Email Ro at [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)  
or call 0117 9428241

