



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 for

SCHOOL HOLIDAY FOOD & FUN

Free

Family Café with Creative Activities
Monday 28th and Wednesday 30th October
12.30 - 2.30pm

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

12.30 - 1.15pm Food available for the whole family

12.30 - 1.30pm Crafts for the whole family

1.30 - 2.30pm Games for the whole family

Activities aimed at children in school years 1 - 6
(siblings are welcome). Parent/carers stay.



Booking is not required, however space is limited so
priority will be given to families on benefit related free
school meals.

Get in touch with Amy with any questions.
For any specific dietary requirements message Amy
07801 762655 at least 48 hrs in advance.

  @stlukeslunch



Your family are invited to the

ALL SAINTS FAMILY CAFE

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

Free

Play sports and games
Create with crafts
Make new friends
Free food available for all the family.

Tuesday 29th and
Thursday 31st
October
3pm - 5pm

All Saints 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



Scrapstore Half term Programme



October Half-Term Programme 2024

Date	Time	Event	Session
Sat 26th October	10:15am - 11:45am	Families	Halloween Crafting
Tues 29th October	10:15am - 11:30am	Under 5's	Taste Safe Messy Play
Tues 29th October	1:45pm - 3:00pm	All Ages	Messy Play For All
Weds 30th October	10:15am - 11:30am	Under 5's	Messy Play
Weds 30th October	1:45pm - 3:15pm	8 & Over	Animation
Thurs 31st October	10:15am - 11:45am	Stay & Play	Spooky Monsters
Thurs 31st October	1:45pm - 3:15pm	Stay & Play	Light & Shadows
Fri 1st November	10:15am - 11:30am	Stay & Play	Friday Craft Session
Fri 1st November	1:45pm - 3:15pm	Stay & Play	Fireworks & Bonfires
Sat 2nd November	10:00am - 11:30am	Free Events	Super Saturday

All Ages

All ages are welcome to join for these child-led messy play sessions.

8 & Over

8+ drop-off sessions are independent play for 8 and over.

Free Events

Free stay & play, drop-in, making sessions, for children and their adults. See more details for these sessions at: www.childrensscrapstore.co.uk/free-events

Stay & Play

These sessions are best for ages 5- 10, but all are welcome, and adults stay and play.

Under 5's

These are open, creative, and child-led messy play sessions, with Tuesday being taste safe.

Families

This session is for 5+ and their families. We will actively encourage adults to get involved in making too so both children and adults attending the session will need a ticket.

To book your place on any of our events, or to find out more, please visit our website:
www.childrensscrapstore.co.uk/events or scan the QR code
 Please let us know if your child has any specific requirements in order to access a session:
 email us via events@childrensscrapstore.co.uk, or call us on 0117 9085644





Super Saturday!



Arts, Crafts, & Play at Children's Scrapstore



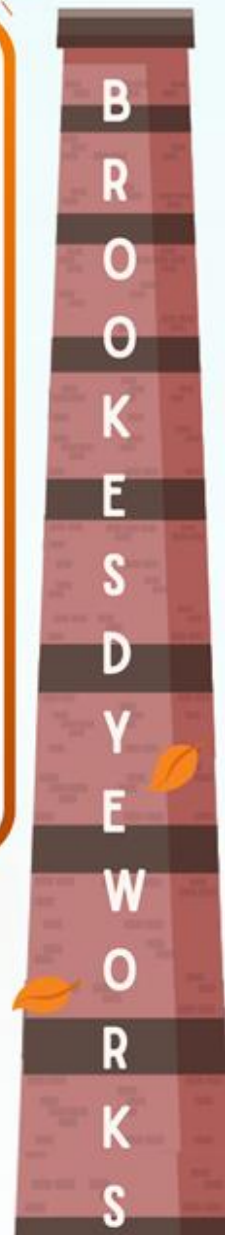
Join us for **FREE** and crafty fun, aimed towards Primary School children and their families. This drop-in session runs from **10:00am - 11:30am.**

No unaccompanied Children. This session takes place in our Playroom, and can be busy, so you may need to wait for a moment in our Children's Corner if the room is full.

www.childrensscrapstore.co.uk/free-events



Join us on
Saturday 2nd
November 2024!



Play Ranger Open Access Play Sessions Oldbury Court Childrens Centre



OPEN ACCESS Play Sessions

led by Children's Scrapstore with LPW and Wecil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. 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.

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY

Term time: 3:30pm - 5:30pm

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

Half Term Holidays*:

11:30am - 1:30pm

Easter / Summer Holidays*:

10:30am - 2:30pm

Get **creative** and **imaginative** at these regular play sessions for **all ages**. Expect arts and crafts, sports kit, construction materials and much more!

No booking required

FREE

contact: playteam@childrensscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788

*Except bank holidays.

Funded lunch for children provided in holiday sessions



Supporting
Independent Living

Half term Play Sessions



October Half Term Play Session

led by Children's Scrapstore with LPW and Wecil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult.

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.

WE BRING THE KIT, YOU LEAD THE PLAY!

Monday
28th October
11:30am - 1:30pm

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

Funded lunch for children provided

Get **creative** and **imaginative** at these regular play sessions aimed at young people, **age 8 and over**. Expect arts and crafts, sports kit, construction materials and much more!

No booking required.

FREE

contact: playteam@childrensscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788



Bristol Family Arts Network



BECOME BFF'S WITH BRISTOL FAMILY FUN!

Using our resources, you can find fun, adventure, and exploration all around Bristol, for the whole family to get stuck into! Scan the QR code to sign up to our mailing list, and discover more...



Bristol Family Fun is a group of local venues, organisations and activity providers who are working together to ensure everyone gets a warm welcome!

After school outdoor fun!

Food, fun and
friendship
for primary-aged kids in
your neighbourhood

| Tuesdays
| 4-5pm
| Oldbury court
park – meet us at
the entrance

Team Games
Sports
Boxercise
Cooking

Free!

Just come and
join in!



JUMPSTART
FOOD & FITNESS



For details
and to book
text Jane

07751237049



Premier Holiday Camps



Premier Education
HOLIDAY CAMPS

OCTOBER HALF-TERM

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

They are a perfect blend of activities, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities. From archery to fencing, dodgeball to cricket & much more!

Book now for a half-term full of fun!

PLEASE BRING
Lunch, water bottle, suitable clothing & loads of energy!

£22.07 PER DAY

08:45 - 15:30
MONDAY TO FRIDAY
From 28th October

Trustpilot
★★★★★

DOWNEND
CHRIST CHURCH C of E VC INFANTS

HORFIELD
Horfield CHURCH OF ENGLAND Primary School

For enquires email Alana: aturner@premier-education.com

Premier Education Bristol

Brave Bold Drama
THEATRE & COMMUNITY ARTS

PRESENTS:

PUMPKINS

AND OTHER SPOOKY SEASON STORIES

"DELICIOUSLY HUMOROUS VERSE KEPT THE YOUNG AUDIENCE ENTHRALLED BUT NOT SCARED"
Broadway Baby
(Edinburgh Fringe)

"BRILLIANTLY HILARIOUS & WACKY!"
Above & Beyond
Children's Theatre
Festival

Suitable for
4+
TICKETS

St Werburghs City Farm

From the
theatre company
who brought you

YULE BE MERRY

Tues 29th - Thurs 31st October
Shows at 11am & 2pm
St Werburghs City Farm, BS2 9YJ
Tickets: £10 per person (plus booking fee)
www.bravebolddrama.co.uk

FREE PUMPKIN
RECIPE WITH
EVERY SHOW!



**PUMPKINS
DON'T BELONG
IN BINS!**

Gourdon and Melonie are activist pumpkins on a mission!

Disturbed that so many of their fellow pumpkins end up in bins every Halloween, they are on a mission to change hearts and minds and improve human/vegetable relations for all time.

Armed with a hand-drawn powerpoint, a ukulele and a really terrible poem, they will not rest until you take the pumpkin pledge and vow never again to throw a pumpkin in the bin.

Ridiculous comedy for all the family, Pumpkins is a sketch that will make you rethink your relationship with squashes.

BONUS EXTRA STORY!

After Pumpkins, watch us create a brand new story inspired from your spooky season ideas!

**Brave
BOLD
DRAMA**
THEATRE &
COMMUNITY ARTS

www.bravebolddrama.co.uk



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



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


**mothers
for mothers**
perinatal mental health support

NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning 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



Helpline: 0117 9359366

Mothers for Mothers



TELEPHONE
SUPPORT
HOME VISITS

HELPLINE
0117 9359366
MON-FRI
10am-9pm

ART PSYCHO-
THERAPY
COUNSELLING
PEER SUPPORT
GROUP

DEPRESSION

WORRY

ANXIETY

FEAR

DISTRESS

PANIC

LONELINESS

ISOLATION

- Are you or someone in your family experiencing anxiety, depression, distress or isolation during pregnancy and/or after the birth of your baby?

- Are you supporting someone who is experiencing this?

support@mothersformothers.co.uk

www.mothersformothers.co.uk

NHS
Bristol, North Somerset
and South Gloucestershire
Integrated Care Board



SUPPORTING

FAMILIES SINCE 1981

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



perinatal mental health

A photograph of a smiling family consisting of a mother, a father, and two young girls. A cartoon radish character with a face and arms is positioned on the left side of the photo.

Ready to have fun, play games,
and build healthy habits as a family?

Sign up to Beezee Families today for **FREE**, fun-filled, healthy lifestyle support. Our award-winning programme has helped hundreds of families, just like yours.

How can we help your family? By signing up you can:

Get expert support and practical tips from our nutritionists

Start making healthy lifestyle changes as a family

Discover delicious and nutritious meals

Find fun ways to get more active



Find support that works for your family



ONLINE

Log in for
10 weeks of
online group
sessions, plus 2
check-in calls



ACADEMY

Learn at your
own pace by
enrolling onto
the Academy

You can get FREE goodies
during in-person and
online programmes



Sign up for your

FREE PLACE

today



bri.maximusuk.co.uk



hellobristol@maximusuk.co.uk



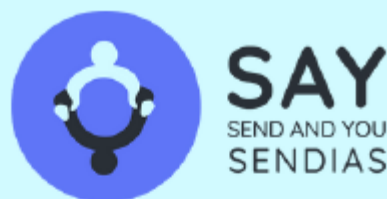
03308 186 308



Our in-person and online group programmes are for children above their ideal weight, see our website for more information.

24-0856

SEND and You drop in sessions at Wellspring Settlement



SEND and You & Bristol Parent Carers Drop in Sessions @Wellspring Settlement Family Centre, Barton Hill, BS5 0AX

Come and meet a qualified SEND Practitioner and a Bristol Parent Carers Support Worker.

Together we can provide advice and support around: SEN Provision, applying for an EHCP, preparing for meetings, your legal rights, family support and much more.

This is a **FREE** event- no need to book just come along.

Autumn Term 2024 dates:

Wednesday 25 September 12.30-2pm

Wednesday 23 October 12.30-2pm

Wednesday 27 November 12.30-2pm

www.sendandyou.org.uk

www.bristolparentcarers.org.uk

Home start Bristol



Home visiting

Our home-visiting service is part of what makes us special. We visit parents in their own home so that we can really get to know them and their families. We never judge a parent and are always compassionate and put the needs of families first. Our trained volunteers offer free, confidential support, friendship and practical help to parents who are going through challenging times and have at least one child under the age of 5 years.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbristol.org.uk/referrals/>

Mums in Mind

This is a peer support group for mums with children under 2 years who are feeling lonely, anxious, or like everything is getting on top of them. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions and are by referral only, but parents can also self-refer. It's a chance to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 2 locations across Bristol - Hartcliffe and Lawrence Weston. The next sessions start again in September, dates TBC. Please get in touch if you would like more information or to make a referral.



Welfare Benefits changes, private renting and the benefit cap

In April 2024 working age people's welfare benefits, such as universal credit, increased by 6.7%.

Additionally, Local Housing Allowance (LHA) in Bristol rose significantly. LHA is the money paid through Universal Credit – and sometimes Housing Benefit - to help with the housing costs of people living in private rented accommodation.

Bedrooms	Weekly rate	Four weekly rate	Monthly rate
Shared room (single under 35 rate)	£117.68	£470.72	£509.95
1 bedroom	£207.12	£828.48	£897.52
2 bedrooms	£252.00	£1,008.00	£1,092.00
3 bedrooms	£299.18	£1,196.72	£1,296.45
4 bedrooms	£425.75	£1,703.00	£1,844.92

On the face of it, this appears to be a very good thing for low-income households, particularly those who are homeless, at risk of homelessness or struggling to pay their rent.

However, it is certain that many households will be benefit capped as a result. The worst hit will be families with dependent children, particularly those with several children and larger homes. For the first time, many single people will be benefit capped.

The benefit cap

The benefit cap affects working age people and their dependants e.g. children. The DWP has confirmed that the level of the benefit cap will not rise and will stay at the current rates.

Benefit cap levels	Per week £	Per month £
If you're in a couple	423.46	1,835
If you're a single parent and your children live with you	423.46	1,835
If you're a single adult	283.71	1,229.42

This means that all tenants who rent privately, who are wholly dependent on welfare benefits for their income and have dependent children or are aged 35+, living in properties let at the new LHA rates, will be subject to some benefit capping, unless they're exempt – see below. Single under 35s are unlikely to be affected.

It is really important for people working with with low income households who live in - or are being assisted to access – the private rented sector (PRS), to be fully aware that the new LHA rates can appear to make the PRS far more accessible and affordable BUT that benefit capping can create circumstances where living essentials (food, energy, clothing etc.) are not affordable.

We should all take note of how to maximise the chances of benefit cap exemptions. See: [Benefit cap: When you're not affected - GOV.UK \(www.gov.uk\)](https://www.gov.uk/benefit-cap-when-youre-not-affected):

The benefit cap - when you're not affected

You're not affected by the cap if you're over [State Pension age](#). If you're part of a couple and one of you is under State Pension age, the cap may apply.

You're not affected by the cap if you or your partner:

- get [Working Tax Credit](#) (even if the amount you get is £0)
- get Universal Credit because of a disability or health condition that stops you from working (this is called 'limited capability for work and work-related activity')
- get Universal Credit because you care for someone with a disability
- get Universal Credit and you and your partner earn £793 or more a month combined, after tax and National Insurance contributions

You're also not affected by the cap if you, your partner or any children under 18 living with you gets:

- Adult Disability Payment (ADP)
- Armed Forces Compensation Scheme
- Armed Forces Independence Payment
- Attendance Allowance
- Carer's Allowance
- Carer Support Payment
- Child Disability Payment
- Disability Living Allowance (DLA)
- Employment and Support Allowance (if you get the support component)
- Guardian's Allowance
- Industrial Injuries Benefits (and equivalent payments as part of a War Disablement Pension or the Armed Forces Compensation Scheme)
- Personal Independence Payment (PIP)
- War pensions
- War Widow's or War Widower's Pension

If you are affected, the [benefit cap might not start for 9 months](#) - depending on your earnings.

What can we do?

For those of us working with families who live in or need to move into privately rented accommodation, we can:

- Work with them to achieve one or more of the exemptions listed above
- Encourage, enable and support adults in these households who receive universal credit to secure enough paid work to achieve the earnings noted above if they don't have other exemptions.
- When and if necessary, negotiate with private landlords, many of whom are likely to increase their rents to or above the new LHA rates.
- Once the new benefits rates are in place, use a benefits calculator, such as the one available on Bristol City Council's website ([Benefit calculator \(entitledto.co.uk\)](http://Benefitcalculator.entitledto.co.uk)) to check a

household's benefits status.

- When there are complex or confusing welfare benefits situations, refer to an advice agency which has welfare benefits specialisms. These can be found at: [Get help \(acfa.org.uk\)](https://www.acfa.org.uk) and include WRAMAS ([Welfare Rights and Money Advice Service \(bristol.gov.uk\)](https://www.bristol.gov.uk/welfare-rights-and-money-advice-service)).



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free
groups for
adults run
by Bristol
Children's
Centres

Scan here
to find out
more and
register your
interest!



Your parenting
toolbox:



For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find
the best group option for you.



Bristol Family Hubs- Parenting-Antenatal Welcome to the world



FREE
5 Week
Group



Antenatal Welcome to the World

Suitable for parents at around 22 weeks of pregnancy onwards...



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**



If you would like further information or to register your interest directly then please call us on:

07721311497 or email: psso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).





FREE
8 Week
Group



Circle of Security Parenting

A parenting group for parents of children aged 0 - 5 years old, run by qualified staff at your local Children's Centre.

This group is for adults only.

During this parent reflection group you will explore:

- Supporting your child's emotional needs
- Understanding your relationship with your child
- Helping your child manage their emotions
- Looking differently at your own mental wellbeing

**Scan here to
register
your interest**



If you would like further information or to register your interest directly then please call us on: 07721311497 or email: pssso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).





FREE
11 Week
Group



Incredible Years

**A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre.
This group is for adults only.**

This programme will help parents learn how to:

- Help their children feel loved and secure
- Encourage their children's language, social and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

Scan here to
register
your interest



If you would like further information or to register your interest directly then please call us on:
07721311497 or email: psso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



Bristol Family Hubs- Parenting Puzzle



FREE
4 Week
Group



Parenting Puzzle

**A parenting group for parents of children aged 0 - 5 years old, run by qualified staff at your local Children's Centre.
This group is for adults only.**

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



If you would like further information or to register your interest directly then please call us on:
07721311497 or email: psso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



Bristol Family Hubs- Parenting- The Nurturing Programme



FREE
10 Week
Group



The Nurturing Programme

**A parenting group for parents of children aged 2 - 8 years old,
run by qualified staff at your local Children's Centre.**

This group is for adults only.

- 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



If you would like further information or to register your interest directly then please call us on:
07721311497 or email: pss@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).





Therapy Groups

Meet and work with parents/carers
experiencing similar issues

Meeting others going through similar struggles has been helpful. Sharing experiences helped me feel less alone.

I have really enjoyed coming to the therapy group each week. This has been a lifeline.

- ✓ Small groups and safe environment
- ✓ Facilitated by highly trained therapists
- ✓ Subsidised price

Parents/carers of
adolescents:
Thursdays 4:00-5:30pm

Parents/carers of
neurodivergent
under 12s:
Fridays 1:00-2:30pm



Register your interest to join our
groups starting in September*

www.bridgefoundation.org.uk
info@bridgefoundation.org.uk | 0117 942 4510



*we ask that participants commit to the full 10-session duration and make a minimum contribution of £10 per session

Mental Health Support Team

Mental Health Support Team

Are you aged 5 - 18 or are a parent of a child this age?

Are you, or is your child struggling with mental health difficulties (e.g. stress, mild anxiety or low mood) and would like some help?

We are a new NHS initiative working in full partnership with OTR (Off the Record) and the Child and Adolescent Mental Health Service (CAMHS).

We offer individual therapeutic support and whole school activities, or approaches.

We are based in some schools in Bristol, North Somerset and South Gloucestershire, with an aim to have 50% coverage by 2024.

HOW CAN YOU ACCESS US?

1. Check we're in your school by following this link or scanning the QR Code: www.otrbristol.org.uk/what-we-do/mhst/
2. Speak to a trusted member of staff in your school and ask about us
3. With your consent they will talk to us, and if it sounds like we can help they will refer you to us



Schools are selected by a 'needs led' process by Public Health. If you want to know more about this we have a briefing document with more details that we can send you.

Get in touch:

mhstenquiries@otrbristol.org.uk



Community Children's
Health Partnership



NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

NHS Talking Therapies



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**

**Are you feeling low, worried
or stressed?
Or do you know someone
who is?**

We are here to help you

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, North Somerset and South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

 vitahealthgroup.co.uk
 0333 200 1893
 Text 'YOU' to 88802

**Scan to
self refer**



Service provided by



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?



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



babbasa

UPCOMING INSIGHT DAYS

2024

Free to attend
and lunch is
provided!

WHAT IS AN INSIGHT DAY ?

Are you interested in a particular industry? Or are you unsure of what you want to do? Insight Days are a chance for you to spend the day with a company to learn more about what it would be like to work for them and how to get into those roles!

23
OCT

OUR MEDIA

Industry: Creative, digital media, content creation
Deadline to register: 9th October

BARNETT WADDINGHAM

Industry: Finance, pensions, investment, insurance
Deadline to register: 23rd October

6
NOV

14
NOV

GREAT WESTERN RAILWAY

Industry: Transport, trade, tourism, customer service
Deadline to register: 28th October

18+

Sign up to attend here:



For more information on upcoming
Insight Days, please email:

mallika.khan@byep.org.uk



Brook offers free and confidential sexual health treatment, information and advice for young people aged 13-19 in Bristol, South Gloucestershire and North Somerset.

Brook Clinic
3rd Floor,
The Station,
Silver Street,
Bristol
BS1 2AG

Monday	12-7pm
Tuesday	12-7pm
Wednesday	12-7pm
Thursday	12-7pm
Friday	12-5pm
Saturday	12-5pm
Sunday	closed

Please call our friendly reception team on **0117 929 0090** for all services and appointments.
For our **drop-in sessions** times, please visit our website below).

Our Free and Confidential Services

- Advice and information about all aspects of sexual health
- Contraception (condoms, C-Card & long-acting options)
- Emergency contraception
- Pregnancy testing
- STI testing and treatment
- PrEP (taken before sex to prevent HIV infection)
- Counselling
- 1:1 Relationships and Sex Education support (Bristol and South Gloucestershire only)

We welcome young people of all genders and sexualities

brook.org.uk

brook.org.uk/service/brook-bristol/



Unity Sexual Health runs weekly sexual health clinics for the under-25s around Bristol, South Gloucestershire and North Somerset. Please call 0117 342 6900 to book an appointment. Or visit our website for walk in details.



Be Informed.
Be Safe.
Be In Control.

Provided by:



University Hospitals Bristol
NHS Foundation Trust

Unity @ Withywood	Amelia Nutt Clinic, The Withywood Centre, Queen's Road, BS13 8QA	Mondays 15:15 – 17:45
Unity @ Southmead	Southmead Health Centre, Ullswater Road, BS10 6DF	Mondays 15:00 – 17:30
Unity @ Lawrence Weston	Ridingleaze Health Centre, BS11 0QE	Tuesdays 15.00 – 17:30
Unity @ South Bristol Community Hospital	Hengrove Promenade, BS14 0DE	Wednesdays 16:00 – 18:00
Unity @ Clevedon	Clevedon Health Centre, Old Street, BS21 6DG	Thursdays 18:00 – 20:30
Unity @ Concord Medical Centre	Braydon Avenue, Little Stoke, BS34 6BQ	Wednesdays 15:00 – 17:30
Unity @ Yate Westgate Centre	Westgate Centre, 21 West Walk, Yate, BS37 4AX	Thursdays 16:00 – 17:30
Unity @ Cadbury Heath Health Centre	Parkwall Road, Barrs Court Cadbury Heath, BS30 8HS	Mondays 15:30 – 18:00

Testing for STIs (Sexually Transmitted Infections)

If you are over 16, you can order **free STI test kits by post from the website**, that arrive at your house in plain packaging. Or pick them up from **vending machines** across the area. All information and how to access at www.unitysexualhealth.co.uk



C-Card in Bristol, South Glos and N Somerset provides free condoms for those aged 13-24 years.

Scan the QR code for more information

Bristol only: 16-24 years – Digital C-Card Registration and Condoms by Post. Visit www.brook.org.uk/regions/brook-bristol/

unitysexualhealth.co.uk

Visit website for any updates to clinic opening times

About LPW



LPW is a Community Interest Company that provides **all-year-round support** designed to build children and young people's **resilience**, improve school attendance, support **progress** and **attainment**. We help children and young people to develop **positive relationships** in their community at home and with their education.



Through **relentless care** and attention, our personalised interventions model secure attachment and attachment theory. Our **tailored support** is either **1:1, group-based or a combination of both**. Our core aim is to reconnect children and young people, putting the **right support** in place at the earliest possible opportunity to help them **overcome barriers** to engagement.

Each of our programmes are delivered by our **specialist team** of school teaching staff and Engagement Workers who are experienced practitioners in working with **childhood trauma** and with children and young people that have multiple **Adverse Childhood Experiences**. We work in education settings (mainstream and Alternative Learning Provision), in the community or a combination of both. We also work with children and young people's **families/carers** to ensure they understand the role they play in supporting children or young people referred to us.



Our **Engage and Explore Programmes** of support encompass **mentoring, play work, youth work, alternative education and part-time ALP**, offering a clear, graduate response to individual children and young people's needs. They are available across Key Stages 1-5 as part of our **drive to reduce exclusion**.

LPW House, Princess Street, Bedminster, BS3 4AG

T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk

Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

What We Offer

Engage Programmes

Our **mentoring** can be community or classroom based. It is highly personalised and co-constructed with the referring school or professional agency.



Bespoke 1:1 or group-based support available as term-time only through to all-year-round provision.

Suitable for: Early intervention and ongoing support for children and young people to help **overcome barriers** that might otherwise hinder their ability to **successfully engage** in mainstream education, community settings or home environments.



Both our Education Recovery Programme and Recovery Plus+ embed a **combined approach** that works with children and young people to fulfil their educational needs. We **break down barriers** to learning and build in **vocational provision**. This ensures that children and young people can access a broad and balanced curriculum offer, and that mainstream schools can **successfully re-engage** their most vulnerable students.

Education Recovery

Suitable for: Children or young people where concerns exist about their suitability for a full-time, school based timetable.



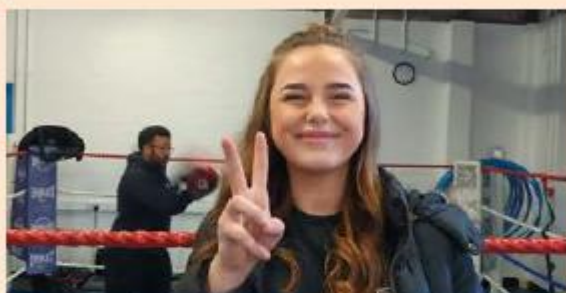
Education Recovery Plus+

Suitable for: Children or young people that have previously received significant additional support, possibly including our Recovery Programme, without having a significant impact on their engagement with education.

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Explore Programmes

We recognise that the traditional classroom-based curriculum does not work for all children and young people. Our **Explore** programme re-engages children and young people through a broad range of **active and engaging experiences**, and creates the opportunity to **Explore** the city in which they live.



Our highly skilled team of **trauma informed practitioners** work alongside education providers to inspire and **re-engage** young people at risk of exclusion. We focus on helping children and young people to develop their **self-esteem** and a true sense of their own identity by encouraging them to take risks in a safe manner, supported by **trusted adults**.

By combining **invigorating activities** and our years of experience as skilled **mentors** we are able to successfully adopt an approach that **empowers** children and young people, and develops **positive mental health**. Typical activities include mountain biking, kayaking, rock climbing, forest school and urban tracking. Being in nature and participating in high adrenaline activities have been scientifically proven to boost positive mental health, **reduce anxiety** and **increase self-confidence**, all of which are major contributing factors in school and reduce social exclusion.



Options can include:

- ★ One to one or group sessions (1:3 staff ratios);
- ★ Half and full day sessions to suit need;
- ★ Transport and food included;
- ★ Targeted sessions working towards individual targets.



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Inspire: Training, development and workshops



We are passionate about ensuring all children and young people receive **high quality support** that is appropriate to their needs, relevant to their situation and that is available at the **earliest possible point**.

Our staff and team hold specialist skills, experience, knowledge and intelligence that help to **improve the quality** of support children and young people receive, including the ability to make better informed decisions themselves. Whether it's formal **training** for professionals, **assemblies** for children and young people, or **team building** days we provide **bespoke opportunities** to **inspire** professionals, children and young people.



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 or call **0117 987 3700**

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**I have
information
about a crime.**

**I am worried
someone is going
to get hurt.**

Need to tell
someone

Don't want my
name involved

Who can I tell?



Crimestoppers Trust, registered charity in England & Wales (1108687), Scotland (SC037960).

**Tell us
WHAT
YOU KNOW**

**100% anonymously
at Fearless.org**



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 childand youth@swcityfarm.co.uk
or call 0117 9428241



Youth Club- The Vassall Centre



FREE

YOUTH CLUB

AGES 10+

MONDAY S
6:30-8:30

FREE OF CHARGE

A FUN OPPORTUNITY FOR KIDS TO GET OUT, PLAY AND MAKE NEW FRIENDS!

THE VASSALL CENTRE
GILL AVE. BS16 2QQ

CONTACT-
CWILSHIRE@LPW.ORG.UK



ACTIVITIES:

PING PONG
OUTDOOR
COOKING

ARTS N
CRAFTS

East Bristol Junior youth Empowerment Programme



EAST BRISTOL
JUNIOR YOUTH SPIRITUAL
EMPOWERMENT PROGRAM

**5:30pm on
Thursdays
@ Meadow Vale
Community Centre**

42 Meadow Vale,
Speedwell, Bristol BS5 7RF

eastbristoljunior youth@gmail.com

The Programme is offered for young people aged 11 to 14 and its purpose is to instil in them a sense of moral purpose, which helps channel their capacity for justice and altruism into meaningful contributions to their community

ABOUT THE PROGRAMME

The Junior Youth Spiritual Empowerment Programme is for young people aged 11 to 14 as this period of life is a time of rapid development of spiritual, intellectual, and physical capacities.

Junior youth groups are guided by two trained and experienced facilitators known as **animators**, who also act as role models. Groups meet on a regular basis, giving participants a sense of belonging within the community and fostering an environment of mutual support.

What happens in the sessions?

Strong bonds of friendship built around service projects for community, games, arts/music, drama, sports, and regular exploration of spiritual concepts by means of the study of stories and service projects.

With the help of their animator, the junior youth are empowered to become agents of positive social change by developing:

- The ability to **critically analyse** positive and negative social forces that exert an influence on their lives, including social media
- The ability to **understand and practice** spiritual qualities such as love, honesty and humility
- The ability to **express** themselves with confidence and clarity
- **A strong moral framework** upon which to base their decisions and actions
- **An attitude of service** expressed in action within their communities

Both animators are DBS cleared and the programme is offered by the Bahá'í Community of Bristol. There is a training pathway for older youth to become animators and give back to community; this is free. Please email us if you have older youth in mind who could become role models for junior youth in the community.

The Prince's Trust- April- September 2024

Explore (16-25)

Explore is a personal development programme which offers young people a range of exciting group activities and one-to-one support to help them build confidence, get motivated, meet new people, and identify and work towards personal goals.

The programme commences with a 4-day access week of outdoor based activities to help build and stretch the participant's comfort zones. This also gives them the opportunity gain experience in and develop transferable teamworking skills.

The remaining 4 weeks of the programme will consist of follow-on days where the participants will take part in a variety of activity sessions that focus on developing independent living skills, recreation or community activities, employability support, as well as continuing to gain experience working in a team environment. Examples of activities can include cooking classes, conservation/nature days, well-being sessions, digital upskilling, art/creative workshops and many more culminating in a celebration/next steps event to recognise the development the participants will have made and explore further opportunities post course. Each participant will be supported to complete an accredited Personal Development & Employability Qualification throughout the course.

Taster session: Wednesday 15th May 2024, 11am-1pm / Wednesday 31st July, 11am-1pm

Access week: 21st – 24th May 2024 10am - 4pm / 6th – 9th August 10am - 4pm

Follow-on sessions: 28th May – 13th June 2024 10am - 4pm / 13th- 29th August 10am - 4pm

Celebration: 13th June 2024 / 29th August

Where: The Prince's Trust Centre, BS1 6BY

Contact: beth.melton@princes-trust.org.uk or tom.christensen@princes-trust.org.uk

Get started with Art and Wellbeing (16 – 30)

A week-long face to face creative programme for young people based in and around Bristol. This course will give you the opportunity to take part in a wide variety of Art and creative workshops to explore the positive impact being creative can have on your mental wellbeing. The emphasis will be on having a go no matter what your experience or skill level is, and the programmes activities are all accessible even for those who think they 'can't draw'.

Up to six 1:1 sessions will be available following the program to help you with your next steps.

Taster Day: 15th May 2024

Main Programme: 20th May to 24th May 2024

Location: The Prince's Trust Centre, BS1 6BY

Contact: emily.spruce@princes-trust.org.uk or harry.bates@princes-trust.org.uk

Get started with Photography (16 – 30)

A week-long face to face creative programme for young people based in and around Bristol. This course will give you the opportunity to learn the fundamentals of photography and explore the positive impact being creative can have on your mental wellbeing. The emphasis will be on having a go no matter what your experience or skill level is. Whether you have a new DSLR you would like to try out or you want to use your trusty phone camera, all equipment and abilities are welcomed.

Up to six 1:1 sessions will be available following the program to help you with your next steps.

Taster Day: 29th May 2024

Main Programme: 3rd-6th June, Celebration exhibition on Wednesday 12th June 2024

Location: The Prince's Trust Centre, BS1 6BY

Contact: harry.bates@princes-trust.org.uk or emily.spruce@princes-trust.org.uk

Get into Retail with Marks and Spencer (16 – 30)

This four week long programme will give you the chance to gain practical work experience in an M&S store, boost your confidence and employability skills and potentially be offered a 16 hour, fixed term contract on completion of the course. Travel and Lunch covered throughout the programme.

Taster Day: 19th June 2024 10am – 2pm

Main Programme: 1st-24th July 2024

Location: M&S Stores across Bristol and Bath

Contact: Emily.spruce@princes-trust.org.uk

Get started with Outdoor Activities (16 – 30)

A week-long face to face programme for young people based in and around Bristol. This course will give you the opportunity to take part in a wide variety of outdoor activities and teambuilding workshops. This will be carried out with the aim of challenging yourself, building your confidence and trying new things. There will also be an opportunity to explore opportunities within Bristol's outdoors sectors.

Up to six 1:1 sessions will be available following the program to help you with your next steps.

Taster Day: 10th July 2024

Main Programme: 15th-19th July 2024

Location: The Prince's Trust Centre, BS1 6BY

Contact: harry.bates@princes-trust.org.uk or tom.christensen@princes-trust.org.uk

Get into Retail with TKMAXX & Homesense (16 – 30)

This four week long programme will give you the chance to gain practical work experience in a TKMAXX or Homesense store, boost your confidence and employability skills and potentially be offered a 16 hour, fixed term contract on completion of the course. Travel and Lunch covered throughout the programme.

Taster Day: 21st August 2024, 10am-2pm

Main Programme: 2nd – 27th September 2024

Location: M&S Stores across Bristol and Bath

Contact: Harry.Bates@princes-trust.org.uk

Get started with Music w/ Irene Taylor Trust (16 – 25)

A week-long face to face programme for young people aged 16-25, who are interested in exploring songwriting and performing. You'll work together to record an EP with support of session musicians and then perform the EP live at the end of the week. You'll also have the chance to complete a Bronze Arts Award qualification

Taster Day: 18th September 2024

Main Programme: 23rd – 27th September 2024

Location: The Prince's Trust Centre, BS1 6BY

Contact: Emily.spruce@princes-trust.org.uk or beth.melton@princes-trust.org.uk

TEAM (16-25)

Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends!

Gloucester, Bristol and Bath

Running throughout the year for further information on next dates please contact:

reetta.sahlman@princes-trust.org.uk

Monthly Programmes and Opportunities

Enterprise (18-30)

Do you or someone you know have a business idea? Our 4-day Enterprise course focuses on the skills you need to start a business - business planning, marketing, sales, budgeting and tax. Once you have completed the course, for the next 12 months, you will have access to 1-to-1 business mentoring, specialist workshops, grants and funding opportunities to help you turn your business idea into reality!

When: Monthly Information Sessions, with courses held once a month

Where: Microsoft Teams

Health and Social Care 101 Webinar (16-30)

Join this webinar to find out more about the health and social care sector! Find out about all the career opportunities available and hear from a guest speaker working in the sector.

When: we run two webinars a month, please find the dates for these in the link below.

Location: Zoom

How to sign up: please register via this page [Start a Career in Health & Social Care | South West \(princes-trust.org.uk\)](https://princes-trust.org.uk/start-a-career-in-health-social-care-south-west)

Health and Social Care Mentoring (18-30)

We are offering young people who are interested in a career in the health and social care sector support from a mentor for up to six months. Mentors can help with applying for jobs and navigating applications, offering guidance, helping to create action plans or objectives, CV writing skills and interview techniques. Mentors will meet with young people virtually on a regular basis, for about an hour a week.

When: Anytime. The mentoring would be for up to 6 months, 1 hour a week.

Where: Virtual – over phone, email or video call (Microsoft Teams).

How: please register via this page [Start a Career in Health & Social Care | South West \(princes-trust.org.uk\)](https://princes-trust.org.uk/start-a-career-in-health-social-care-south-west)

Development Awards (16-30)

Our Development Awards can cover the cost of course fees, tools or equipment up to £150 in order to help young people achieve their goals and move into education, training or employment. For more information, visit our website [here](#).

Stand Alone and Progression Mentoring (16-30)

We can offer young people a mentor for up to six months. Mentors can help with applying for jobs and navigating applications, offering guidance, helping to create action plans or objectives, CV writing skills and interview techniques. Mentors will meet with young people virtually on a regular basis.

When: Anytime. The mentoring would be for up to 6 months, 1 hour a week.

How: please contact Louise Birchall; louise.birchall@princes-trust.org.uk

How to enquire?

If you are a young person, you can contact us from 9am – 6pm Monday - Friday:

- ➔ Call us for free on **0800 842 842**
- ➔ Live chat with us online [here](#)

If you are a referral partner:

- ➔ [Click here](#) to refer a young person to us and a member of our team will be in touch to discuss their options.



**Be part of a new YOUTH SPACE
+
Influence your COMMUNITY in Barton Hill**

Where?

Wellspring Settlement, Ducie Rd | Every Friday | 3:30-5pm

**If you're aged 12-16, come along to Wellspring Settlement every Friday
@ 3:30pm**

**To help create a new youth club in Barton Hill ahead of its opening in
Autumn 2024!**

What to expect:

- **Have your say in what YOU want to see in the youth club**
- **Form new relationships around your community**
- **Games, sports activities and refreshments will be provided every session**



**For more information contact Demi
on 07880945176 or
dolutunmogun@lpw.org.uk**

