



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

All Saints Family Café

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 24th and
Thursday 26th
October

3pm - 5.30pm

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



Booking is essential as space is limited.

www.allsaintsfishponds.co.uk/asfc Or

Message Amy 07749 812131

allsaintsfamilycafe@gmail.com

who will send you the booking form link.

Priority given to families on eligible free school meals.



@allsaintsfamilycafe

Bristol Somali Youth Voice

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.





October Half-Term Programme 2023

Date	Time	Event	Session
Sat 21st October	10:00am - 11:30am	Families	Super Saturday
Tue 24th October	10:15am - 11:30am	Under 5's TS	Messy Play
Tue 24th October	1:45pm - 3:00pm	All Ages	Messy Play For All
Wed 25th October	10:15am - 11:30am	Under 5's	Messy Play
Wed 25th October	1:45pm - 3:15pm	8 & Over	Lantern Making
Thur 26th October	10:15am - 11:45am	Stay & Play	Playing with light
Thur 26th October	1:45pm - 3:15pm	Stay & Play	Halloween Costumes
Fri 27th October	10:15am - 11:45am	Stay & Play	Frankentoys
Fri 27th October	1:45pm - 3:15pm	Stay & Play	Firework Fiesta
Sat 28th October	10:15am - 11:45am	Stay & Play	Family Halloween Crafting

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, but adults can stay.

Families

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.

Under 5's TS

These are **taste safe** open, creative, and child-led messy play sessions.

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



Drama with Kate

**At: The Vassall Centre, Gill
Avenue
Fishponds. BS16 7QQ**

Drama
With Kate

Ages 7-11

**M:07989562926
katepenningkp@gmail.com
www.howami.club**

**SHINE
SHINE
SHINE**

**Every
Monday
6 -7pm**

**Drama
classes for
those who
want to
perform well
in life and on
stage**

**Please get in
touch to
book your
place and
find out
more!**

**Starting on
Monday 11th
Sept**

£3 per person



More Than Music

MORE THAN MUSIC



FREE music and
media sessions in
a fun & supportive
space!



**TUESDAYS | 5:30PM -
7:30PM (8-11 YR OLDS)
@ DOCKLANDS**

**WEDNESDAYS | 6:30PM
- 8:30PM (12-16 YR
OLDS) @ DOCKLANDS**

**THURSDAYS | 7PM -
9PM (17-21 YR OLDS)
@ DOCKLANDS**

**GET IN TOUCH ON;
INSTAGRAM
@ACE_CIC
WHATSAPP
07342369623
EMAIL
INFO@ACECICTEAM.
COM**

St Lukes Café

Your family are invited to

ST LUKE'S LUNCH

Free

Join us this holiday to eat, play and make new friends.

St Luke's Church, Church Street, Barton Hill, BS5 9FB
(Crypt entrance)

Monday 23rd and Wednesday 25th October

Family Café 12 - 1pm

Come along as a family and make your lunch together.

Travelling Light Workshop 12.45pm - 2.30pm

Creative fun with Travelling Light Theatre Company – exploring stories and ideas through games, activities and lots of exciting materials.

Drop off available for children Year 2 – Year 6*

Reception and Year 1 children welcome with a parent/carer to support them.

Bookings required for drop off activities.



Message Amy if you have any dietary or support needs in your family
07801 762655.

***Booking required for drop off activities**

www.stlukeslunch.home.blog/octoberholidays or message for the link to be sent 07305 00878



www.stlukeslunch.home.blog



stlukeslunch



St Werburgh's City Farm



Here at the farm we have some exciting holiday activities!
If you would like to refer anyone for any of the sessions please get in touch on
childandyouth@swcityfarm.co.uk

In October we are running our popular Forest Play Sessions for children who are
having a tricky time in their lives. 12 children will join us at Boiling Wells
conservation site, a short walk from the farm. The session includes lunch.



FOREST PLAY

FOR
7-12
YEAR OLDS!

23RD-25TH OCTOBER

**St Werburghs
City Farm**

WATERCRESS ROAD
BS2 9YJ, BRISTOL



CAMPFIRE - COOKING -
CRAFTS - GAMES

APPLICATION THROUGH REFERRAL ONLY

EMAIL: CHILDANDYOUTH@SWCITYFARM.CO.UK

In the winter holidays we are running our Community Cook Up. We will be working towards cooking and serving a three-course lunch for a local community group who we will invite in for the third day.

This is suitable for young people aged 11-16 who love cooking and would like to gain more experience in a very supportive environment. Due to funding requirements, this is only for young people on free school meals. A food package to take home will also be provided.



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 WERBURGHS CITY FARM
11AM-3PM
FREE!!**

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



01179428241

childandayouth@swcityfarm.co.uk

Stay and Play at the Beehive

The
Beehive
Centre



STAY & PLAY

EVERY TUESDAY



FROM
9.30AM



£3
PER FAMILY

COME ALONG! ALL TOYS PROVIDED, PLUS REFRESHMENTS

STAY ON FOR A
FRESHLY PREPARED &
HEALTHY 3 COURSE LUNCH
SERVED AT 11.45AM



STAY & PLAY
PLUS LUNCH
ONLY £6

THE BEEHIVE CENTRE, 19A STRETFORD ROAD, ST. GEORGE, BS5 7AW

Urban Park 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



Frome Vale Youth Club 10+

Vassall
Centre

AGES
10+

FREE

YOUTH CLUB

MONDAY'S

6:30-8:30

STARTING FROM MONDAY 02/10/23

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

THE VASSALL CENTRE
GILL AVE. BS16 2QQ

CONTACT-
FTHURGUR@LPW.ORG.UK

ACTIVITIES:

PING PONG
OUTDOOR
COOKING

ARTS N
CRAFTS



BRISTOL
CHARITIES

Since 1395

Children's
Scrapstore



Children and
Young People

WECIL
supporting independent living





OUTDOOR PLAY SESSIONS



led by Children's Scrapstore

Come and get creative and imaginative at these regular play sessions.
Expect arts and crafts, sports kit, construction materials and much more!
Aimed at over 8s, younger children welcome with adult supervision.

TERM TIME:

MONDAYS* 3:30PM - 5:30PM

SCHOOL HOLIDAYS:

MONDAYS*

10:30AM - 12:30PM/2.30PM

Green space outside Oldbury Court

Children's Centre, BS16 2QS

Contact - playteam@childrensscrapstore.co.uk
for more information



*Except bank holidays



Supporting Independent Living



FREE

OCTOBER HALF TERM PLAY SESSIONS



led by Children's Scrapstore

Come and get creative and imaginative at these regular play sessions.
Expect arts and crafts, sports kit, construction materials and much more!
Aimed at over 8s, younger children welcome with adult supervision.

MONDAY 23RD OCTOBER

10.30AM - 12.30PM

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

Fully funded lunch will be provided for
the children

Contact - playteam@childrensscrapstore.co.uk
for more information



FREE

OCTOBER HALF TERM PLAY SESSIONS

led by Children's Scrapstore

Come and get creative and imaginative at these regular play sessions.
Expect arts and crafts, sports kit, construction materials and much more!
Aimed at over 8s, younger children welcome with adult supervision.

FRIDAY 27TH OCTOBER
10.30AM - 12.30PM
STANNES PARK,
NEWBRIDGE ROAD,
BS4 4DS

Fully funded lunch will be provided for
the children

Contact - playteam@childrensscrapstore.co.uk
for more information



Activities for Parents

Boxfit



JUMPSTART
FOOD & FITNESS

BoxFit for mums

Come and get fit straight after the school run!



Cardio | toning | boxercise | nutrition

Thursdays 915-10am

Oldbury Court
£7

To book text Jane:

0775 123 7049

Babies and toddlers very welcome!
Suitable for all confidence levels

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





MURMURATION
COMMUNITY
THERAPY



SEND Parent Nurture Groups

We run groups for parents of children 0-18 who are neurodivergent or disabled, including pre-diagnosis.

Nurture Groups

An 8 week course aiming to build connection and resilience, drawing on elements of mindfulness and compassion focused therapy.

Monthly Murmuration

A relaxed nurturing space to be with other SEND parent carers. The session includes journalling, sharing in small groups, guided relaxation and biscuits.

Online Sharing Circle

An evening online session gathering together for peer support and nurturing activities to restore our spark.

To find out more visit our website below or message
hello@murmurationcommunitytherapy.com

[MURMURATIONCOMMUNITYTHERAPY.COM](https://www.murmurationcommunitytherapy.com)

  [murmurationcommunitytherapy](https://www.murmurationcommunitytherapy.com)

NEW SEND PARENT CARER NURTURE GROUPS



Starting this September: 8 sessions to
build emotional wellbeing and
friendship amongst SEND parents

For LGBTQ+ parents: Mondays-8-9:30pm, Fishponds

For Somali Parents: Tuesdays 10.00-11:30am, Barton Hill

For all parents: Tuesdays 1.00-2:30pm, Lockleaze

For all parents: Wednesdays 10.30-12.00pm, Hartcliffe



MURMURATION
COMMUNITY
THERAPY

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

Growing Mindful Communities



Growing Mindful Communities

The Mindful Parenting & Community Project (MPCP) is a not-for-profit organisation that aims to raise awareness of the benefits of mindfulness with families and the community, with a particular focus on families without the means to access 'mainstream' mindfulness courses in their localities.

2024 project for ESOL parents¹ or parents with low literacy – January – March

What MPCP can offer your organisation for FREE:

- A 2hr **Mindfulness Taster Workshop** for ESOL parents or parents with low literacy.
- A **Mindfulness for Parents Course** (5 weeks at 2.5 hrs, which includes an orientation session) for low literacy families in a Bristol school or organisation situated in an area with high levels of deprivation.
- **Course handouts** for each parent to take away.
- **Evaluation of the project** including a progress report demonstrating evidence.
- Option for a **Staff Member to attend the course** to gain knowledge of Mindfulness.
- **Publicity** to notify/refer parents about the course and taster workshop.

We also regularly offer workshops and our mindfulness-based parenting course, "Stressbusting for Parents". We have funding to offer two FREE workshops for parents before end of 2023 into early 2024.

Workshops include:

- Introduction to Mindfulness
- Managing Emotions
- Keeping calm
- Dealing with Conflict
- Setting Limits from a place of love

What next?

Please contact Claire-Louise if you are interested in hosting this project, a workshop or a course; or would like to find out more about other services provided by MPCP.

Claire-Louise Symonds Tel: 07949399633

mpcp.bristol@gmail.com

www.mpcp.info

¹ "parent" refers to any adult who has the main responsibility for caring for a child or children – this may be a grandparent, other relative, foster-parent etc.

Home Start



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.

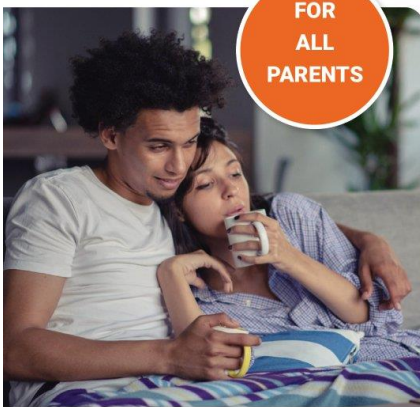
The MIMs groups are running termly in 3 locations across Bristol - Hartcliffe, Stoke Park and Broomhill. The next sessions start again in January, dates TBC. Please get in touch if you would like more information or to make a referral.



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

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

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



FOR
NEW
PARENTS

Me, You and Baby Too

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

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



FOR
SEPARATING
PARENTS

Getting it right for children

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

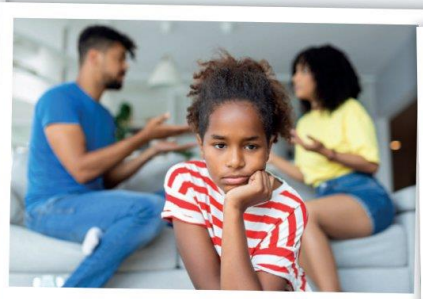
- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

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

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



Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships



FREE
support
programme
available for
parents in
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

Please contact Gina Pazienza:



relationshipsmatter@bristol.gov.uk



07721 635376



<https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.

**Scan QR code to
find out more**



TAVISTOCK
RELATIONSHIPS
Improving Lives for Generations

**Sheffield
Hallam
University**



Stronger Relationships Online Course

For parents and other adult carers
living together or apart



- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce arguments



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk

www.strengthening-families.net

strengthening
families
strengthening
communities

Vassall Centre Hub Activities



Gill Avenue, Bristol, BS16 2QQ

0117 965 9630

MONDAYS

- **Yoga for Deaf & Hard of Hearing** – A new class on Mondays 10.30 – 11.30. Contact Jennifer Dawn jpestell@hotmail.co.uk for more information and to book.
- **Drama for 7-11yr olds** - Grow in confidence on the stage and in life with drama for ages 7 – 11yrs. Monday evenings (term time) 6-7pm, £3 per child - free spaces available. Contact Kate for more information – 07989 562926 / katepenningkp@gmail.com (see flyer)
- **Youth Group with Children's Scrapstore, LPW & WECIL age 11+** – a fun space to chill, play ping-pong, craft and make friends. Mondays 6-7pm, contact Alys for more information Alys@childrensscrapstore.co.uk.

TUESDAYS

- **Women's Singing Circle** - We have a new singing group 🌈 Beautiful nourishing songs taught by ear 👯 A chance to be you and connect with other women. 🐱 A group for YOU! Where kids are welcome, toys and cake provided. 🧘 A place to recharge, relax and connect with your voice. ALL WELCOME! With or without kids, all ages and voices. Come and sing for joy! Tuesdays 10-11am, **Starts Tuesday October 31st** (see flyer)
- **Jumpstart Kids 4-5pm** – Free after-school club for primary-aged children. Come and get active with outdoor games, activities and challenges! Something different each week and a tasty snack at the end. No booking required, just come and find us on the green space outside the shops on Lanaway Road (or in the Vassall Centre when it's raining) Tuesdays 4-5pm **STARTS ON 7th November**
*run by DBS checked volunteers

THURSDAYS

- **Jumpstart Women's BoxFit** - Join our small and friendly group as we cardio, bodyweight and boxercise to destress, energise and kickstart our fitness.....if you're new to the gloves and pads, you'll LOVE it! This class is female only and especially for mums, so if you have littlies with you, you'll be in good company as we work out! Find us at **Oldbury Court/Vassalls Park on the field** - to the left of the path as you walk between the carpark and the play park. Thursdays 9:15-10am. £7 pay as you go. Text Jane on 0775 123 7049 to be added to the contacts list. Just reply to a text each week to book in as and when you're free.

Women's Singing Café

Term time only group starting on October 31st

Women's Singing Circle

— Every Tuesday 10-11am —

at the Vassalls Centre, Fishponds

Gill Avenue BS16 2QQ

RECHARGE | NOURISH | CONNECT

**A friendly singing circle sharing nourishing songs
with harmonies taught by ear. Children welcome.**

Mums, children, grandmas
or women without kids are
all welcome!
No singing experience
needed.

Suggested donation of
£5 per session.
Free for those who are
not able to pay.



Contact Becca: 07872 315 975 | songswithbecca@gmail.com

Groups running in different locations across Bristol, email me for details of all sessions
[Facebook.com/singingmamasbristol](https://www.facebook.com/singingmamasbristol) | Insta: @bristolsingmamas

**Vassall
Centre**

Activities for Young People

Get Started in Cooking



Prince's Trust

GET STARTED IN COOKING

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

**Find out more
via webchat at:
princes-trust.org.uk**



@princestrust



ON THIS COURSE YOU'LL:

- Gain cooking skills through practical learning and workshops.
- Learn about nutrition, local produce and the cultural impact of food.
- Gain hospitality and hosting skills by planning & preparing a celebration dinner.

DATES FOR YOUR DIARY:

Taster day: Thursday 26th October

Course dates: 30th October - 3rd November

Location: Co-exist Kitchen Easton, BS5 6JF

➤ GET STARTED



The Birch Collective



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.

Youth Voice Conference

Bristol Youth Voice Conference 2023

Let Your
Voice Be
Heard

Hosted By Bristol City
Youth Council



CITY HALL, COLLEGE GREEN

Thursday 26th October

Info stall, food & refreshments - 5pm

Conference - 6-8pm

SIGN UP HERE



Love Squared- Drop the Pressure

**LOVE
SQUARED**

Drop the Pressure

Free weekly telephone emotional support



Who?

Long term mental health support & mentoring for:

- Young People (ages 10-18)
- Parents & Carers

When?

Thursdays,
Between 4-7.30pm

Up to 1 hour
weekly sessions

What?

Our team of trained volunteers are here to talk about any issues, big or small, that matter to you - be that with relationships, school/college and to help you manage your mental health.

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
Company number: 08977922

wesport
Voscur
In partnership with



Quartet
Community
Foundation

W
Garfield Weston
FOUNDATION



Your guide to our services in Bristol.

Who we work with:

We work with young people aged 11-19 (or up to 25 if the individual has a learning difficulty) around their alcohol and/or other drug use. We also support young people who have been affected by the substance use of a family member.

We offer:

- ◆ 12 weeks of 1-to-1 support
- ◆ Substance use workshops for groups of at-risk young people
- ◆ Outreach and detached work across the city
- ◆ As well as in person, young people can access support on the phone, text WhatsApp and video chat
- ◆ Advice and support for people working with young people who may use substances

For more information or to make a referral please visit www.bdp.org.uk/youth

Call us on 0117 987 6008






Email us on bdpyouthwork@bdp.org.uk

Follow us on Instagram @bdpyouth



NEW LEAF

cannabis advice + support*

-  **Want to know more about cannabis?**
-  **Concerned around your smoking?**
-  **Becoming worried about how you are feeling and what you are doing?**
-  **Want to cut down or stop?**
-  **Anxious about someone you care for?**

***For young people aged 11 - 19**

0117 987 6009
newleaf@bdp.org.uk

**This project is supported by
the CHK Foundation.**



NEW LEAF RAPID

- Working with young people at risk of exclusion from education due to drug possession or the direct affect of parental alcohol and other drug use?
- Wanting to use The Drugs in School Pathway to support young people to change?
- Seeing the benefit of 6-12 weeks support for young people from New Leaf Rapid?
- Welcoming a response in 48 hours and additional help and advice to aid your decision making?

***For young people aged 11 - 19**

0117 987 6009

newleaf@bdp.org.uk

This project is supported by
Vanguard



MORE THAN MUSIC

FREE music and
media sessions in
a fun & supportive
space!



**TUESDAYS | 5:30PM -
7:30PM (8-11 YR OLDS)
@ DOCKLANDS**

**WEDNESDAYS | 6:30PM
- 8:30PM (12-16 YR
OLDS) @ DOCKLANDS**

**THURSDAYS | 7PM -
9PM (17-21 YR OLDS)
@ DOCKLANDS**

**GET IN TOUCH ON;
INSTAGRAM
@ACE_CIC
WHATSAPP
07342369623
EMAIL
INFO@ACECICTEAM.
COM**

MENCAP- Youth Club

ARE YOU A YOUNG PERSON WITH LEARNING DISABILITIES
AGE 16 TO 24?

DO YOU LIVE IN AND AROUND BS7 AND BS2?

WOULD YOU LIKE TO HAVE FUN AND
MEET OTHER YOUNG PEOPLE IN YOUR AREA?



SENDaWelcome
**Youth
CLUB**
adventure

*Then we have
something
for you!*

From
Wednesday
22 March

at St Paul's Adventure Playground
Fern St, St Paul's, Bristol BS2 9LN

SESSIONS INCLUDE: A CREATIVE WELLBEING
ACTIVITY SUCH AS ART, MUSIC, DANCE OR DRAMA
CHANCE TO HANG OUT WITH FRIENDS AND
SOCIALISE, COOKING AND OTHER ACTIVITIES,
SNACKS

6.30pm – 8.30pm term time 6pm – 8pm school holidays

10 places available

£3 per session (subsidised places available)

To register for your place & discuss your needs
email: sendawelcome@gmail.com



ARA- Recovery for all gambling service.

Ara are the National Gambling Treatment Service provider for Wales and the South West. We provide free, confidential treatment and support to anyone in Wales or the South West of England affected by gambling harms. The support available includes free advice, information, 1:1 counselling, peer and group support.



www.recovery4all.co.uk

0330 1340 286

The Six To Ten Project

Six To Ten supports anyone impacted as the result of another person's gambling. With 12 weeks of FREE one-to-one support, we can help with finances, housing, health, relationships, legal, career and training, and much more.

For affected others help:

Phone: 03301241274

Email: info@thesixtoten.co.uk

Website: www.thesixtoten.co.uk



Young People's Gambling Harm Prevention

We deliver the Young People's Gambling Harm Prevention Programme in partnership with Gamcare. We offer FREE workshops for young people aged 10-19 and FREE CPD accredited workshops for the professionals who work with them. Workshops are ideal for school lessons, assemblies, and other types of youth-focused sessions.

For more information, please email:

rachelbonser@recovery4all.co.uk

