

## 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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# **NEW YOUTH SESSION**

## **MORE THAN MUSIC**

**FREE**

**EVERY FRIDAY 6PM - 8PM**

**11 - 19 YEAR OLDS**

**MUSIC STUDIO, CINEMA ROOM, COOKING,  
SPORTS AND MORE...**

**THE PICKLE FACTORY, EASTON BS5 0HH**

**Info@ACEcicTeam.com**

**07342369623**

**[www.AspirationCreationElevation.com](http://www.AspirationCreationElevation.com)**

**ASPIRATION  
CREATION  
ELEVATION**





# 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





ASPIRATION  
CREATION  
ELEVATION

POSITIVE PATHS

# 1:1 mentoring

Positive Paths by Aspiration Creation Elevation provides tailored music mentoring sessions for young people, helping them to realise their potential. Through setting achievable goals in a fun and friendly environment, our programmes unlock creativity and growth within participants.

\*Accreditation options available\*

[www.AspirationCreationElevation.com](http://www.AspirationCreationElevation.com)



## Method:

1. Cook the pasta according to the packet instructions, save  $\frac{1}{2}$  cup of the pasta water before draining.
2. Heat olive oil in a large pan over medium heat. Add the garlic and leeks, and cook for 2-3 minutes until softened.
3. Add asparagus, peas, and broccoli. Stir occasionally and cook for another 3-4 minutes until tender but still vibrant.
4. Turn off the heat. Mix the pasta, vegetables, and crème fraiche. Add the  $\frac{1}{2}$  cup of pasta water to create a light sauce.
5. Stir in lemon zest, lemon juice, fresh herbs, and Parmesan, mixing well. Season with salt and pepper to taste.
6. Add in your cooked protein of choice if using.
7. Serve immediately, topped with extra Parmesan and a sprinkle of fresh herbs.

Sign up to a FREE programme today!



bri.maximusuk.co.uk



hellobristol@maximusuk.co.uk



03308 186 308

25-3767

Feel fresher and bloom  
into a healthier you

During our free Beezee healthy lifestyle programmes we're all about helping you find nutritious dishes you enjoy! Here's just a taste of our recipes.

## Ingredients:

Serves 4

- 250g wholewheat pasta
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small leek, finely sliced
- 100g asparagus, diced
- 100g peas (fresh or frozen)
- 100g tenderstem or regular broccoli, chopped
- Zest and juice of 1 lemon
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped (optional)
- 50g grated Parmesan or dairy-free alternative
- 150ml half fat crème fraiche or dairy-free alternative
- Salt and pepper to taste
- Optional: 100g cooked chicken or chickpeas for extra protein



**Beezee**  
by maximus







# BLACK MEN TALK HEALTH

**A free, online workshop**

**This session is for men of colour only**

**March 27th | 12.00 - 1.00pm**



**LET'S TALK ABOUT THE EFFECTS OF  
CHILDHOOD EXPERIENCES IN  
ADULTHOOD**

**With Raymond Veira, husband, father and  
active community champion. He has a passion  
to see men thrive and achieve their full  
potential in life**

**Scan for the Zoom link:**



# 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

**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](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find  
the best group option for you.



*'Helping children and families be the best they can be'*

# **East Bristol Children's Centres Timetable April - July 2025**



## **Keep in touch**



0117 9223189



[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)



[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)



[eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)

Sign up for our newsletter:

[www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)



## Location

### Oldbury Court Children's Centre

Frenchay Road  
BS16 2QS

## Monday

Newborn Hearing Screening (Invitation)  
9am - 12.00pm  
1st Monday of every month

Dad/Male Carer Outdoor PEEP (Drop In)  
10am - 11.15am

New Parents (Booking)  
10.00am - 11.30am  
To book a place see How to Book below

Baby Massage (Booking)  
1pm - 2.30pm  
Booking via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Children's Scrapstore Outdoor Play  
Session (Drop In) Ages 8+  
3.30pm - 5.30pm

## Tuesday

Childminders Group  
9.30am - 11.00am

Baby PEEP (Booking)  
1.15pm - 2.30pm  
Ages 0 - 12 months  
To book a place see How to Book below

### St Anne's Park Children's Centre

Lichfield Road  
BS4 4BJ

New Parents (Booking)  
1.30pm - 3.00pm  
To book a place see How to Book below

St Anne's Breastfeeding  
Peer Support Group  
(Drop In)  
11am - 12pm (term-time only)

Twins & Multiples Group (Drop In)  
10am - 11.30am  
Third Tuesday of each month  
Ages 0 - 5 years  
The Nurturing Programme (Booking)  
9.45am - 11.45am  
11 week course

To book a place see How to Book below  
BS4 Play & Learn Together (Drop In)  
1.15pm - 2.30pm  
Ages 1 - 4 years  
Hello Baby Antenatal Course (Booking)  
2pm - 4pm  
4 week course - ongoing dates  
[www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**The Haven**  
378 Speedwell Road, BS15 1ES

### Meadowvale Community Centre

42 Meadow Vale, BS5 7RF

Baby PEEP (Booking)  
@ Meadow Vale  
1.30pm - 2.30pm  
Ages 0 - 12 months only  
To book a place see How to Book below

Sing, Rhyme & Storytime (Drop In)  
@ The Haven  
9.30am - 10.30am  
Ages 18 months +

## Community

Rhyme & Storytime  
@ St George Library  
11am  
  
Food Club  
@ St Peter's Church, BS4 4NZ  
12.30pm - 2.30pm  
  
Rhyme & Storytime  
@ Fishponds Library  
2.15pm

Everyone is welcome to access 'Drop In' services across all of our sites  
For more information about groups and services, please visit our website

[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)



## Wednesday

### **Baby Hub (Drop In)**

9.30am - 11.00am

Last entry 11am

### **SEND Rainbows (Drop In)**

9.30am - 11.30am

### **Baby Massage (Booking)**

10am - 11.30am

Booking via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

### **New Parents (Booking)**

1.30pm - 3.00pm

To book a place see [How to Book below](#)

### **Welcome to the World (Booking)**

3pm - 5pm

5 week course

To book a place see [How to Book below](#)

## Thursday

### **Rockabye (Booking)**

10am - 11.15am

10 week course

## Friday

### **Twins & Multiples (Drop In)**

10am - 11.30am

First Friday of each month

Ages 0 - 5 years

### **Toddler PEEP (Booking)**

1.30pm - 2.30pm

Ages 1 - 3 years

To book a place see [How to Book below](#)

### **Hello Baby Antenatal Course (Booking)**

2pm - 4pm

4 week course - ongoing dates

[www.Eventbrite.co.uk](http://www.Eventbrite.co.uk)

### **Baby Hub (Drop In)**

10am - 11.30am

Last entry 11.15am

### **Antenatal Rockabye (Booking)**

1.30pm - 2.45pm

6 week course

### **Welcome to the World (Booking)**

3pm - 5pm

5 week course

To book a place see [How to Book below](#)

### **New Parents (Booking)**

1.30pm - 3.00pm

To book a place see [How to Book below](#)

### **Childminders Group**

9.30am - 11.00am

### **Outdoor Toddler PEEP (Booking)**

Meet at the woods entrance

opposite St Anne's CC

Ages 18 months - 3 years

10am - 11.15am

### **Baby PEEP (Booking)**

10am - 11.15am

Ages 0 - 12 months

To book a place see [How to Book below](#)

### **Baby Massage (Booking)**

Please see Eventbrite for dates

Booking via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

### **Stay & Play (Drop In)**

@ The Haven

1.45pm - 3pm

Ages 0 - 5 years

### **Baby Hub (Drop In)**

@ Meadow Vale

9.30am - 11am

Last entry 11am

### **New Parents (Booking)**

@ Meadow Vale

10am - 11.30am

To book a place see [How to Book below](#)

### **Food Club**

@ The Haven

12.30pm - 2.30pm

### **Tea & Tots (Drop In)**

@ The Vassall Hub, BS16 2QQ

9.30am - 11am

### **Beechwood Road Play Group**

@ Beechwood Club, BS16 3TD

9.30am - 11.30am

### **Baby Bounce & Rhyme**

@ Wick Road Library, BS4 4HE

10.30am - 11.30am

### **Rhyme and Storytime**

@ Hillfields Library

12 noon

### **Play & Learn Together (Drop In)**

@ The Vassall Hub, BS16 2QQ

Ages 18 months - 3 years

9.30am - 10.30am

### **Food Club**

@ The Vassall Hub, BS16 2QQ

1pm - 3pm

### **Storytime**

@ Wick Road Library, BS4 4HE

10.30am

**How to Book** - To register your interest for groups that require booking, please visit [www.eastbristolchildrenscentre.co.uk/copy-of-timetable](http://www.eastbristolchildrenscentre.co.uk/copy-of-timetable) to complete a specific 'Expression of Interest' form or select Eventbrite option and we will be in touch



## Easter Programme 2025

Date	Time	Event	Session
Tuesday 8th April	10:15am - 11:30am	<b>Under 5s</b>	Taste Safe Messy Play
Tuesday 8th April	1:45pm - 3:00 pm	<b>All Ages</b>	Messy Play For All
Wednesday 9th April	10:15am - 11:30am	<b>Under 5s</b>	Messy Play
Wednesday 9th April	1:45pm - 3:15pm	<b>Stay &amp; Play</b>	Mini Worlds
Thursday 10th April	10:15am - 11:45am	<b>Stay &amp; Play</b>	Robots
Thursday 10th April	1:45pm - 3:15pm	<b>Stay &amp; Play</b>	Puppets
Friday 11th April	10:15am - 11:30am	<b>Stay &amp; Play</b>	Friday Crafting
Friday 11th April	1:45pm - 3:15pm	<b>Stay &amp; Play</b>	Fidget Toys
Saturday 12th April	2:00pm - 3:30pm	<b>Families</b>	Spring Crafting
Tuesday 15th April	10:15am - 11:30am	<b>Under 5s</b>	Taste Safe Messy Play
Tuesday 15th April	1:45pm - 3:00 pm	<b>All Ages</b>	Messy Play For All
Wednesday 16th April	10:15am - 11:30am	<b>Under 5s</b>	Messy Play
Wednesday 16th April	1:45pm - 3:15pm	<b>Stay &amp; Play</b>	Space
Thursday 17th April	10:15am - 11:45am	<b>Stay &amp; Play</b>	Magical Crafting
Thursday 17th April	1:45pm - 3:15pm	<b>Stay &amp; Play</b>	Pirates

### All Ages

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

### Stay & Play

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

### Under 5s

These are open, creative, and child-led messy play sessions for under 5s.

### 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](http://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, by emailing us via [events@childrensscrapstore.co.uk](mailto:events@childrensscrapstore.co.uk), or calling us on 0117 9085645





# 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](http://www.childrensscrapstore.co.uk/free-events)



Join us on  
Saturday 5th  
April 2025!



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# EASTER HOLIDAY

## play, hangout & have lunch

**FREE**

**Outdoor play sessions**

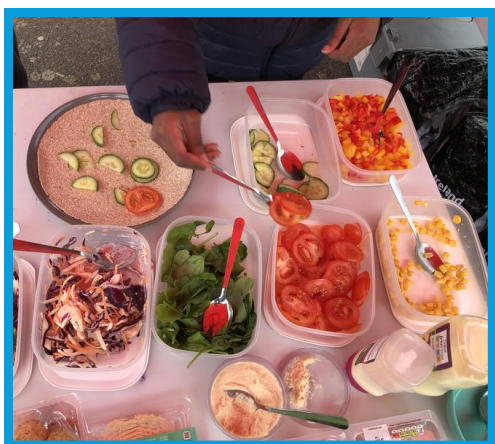
**10:30am - 2:30pm**

**Hot lunch for children** 

**Monday 7th April - Pasta**  
**Monday 14th April - Pizza**

**We bring lots of play to the green space:**

**Outside Oldbury Court Children's Centre, BS16 2QS**



**Children aged 8 and over can come on their own if they are allowed out unsupervised. They will be free to come and go as they please, so they need to be responsible for themselves. Under 8's need to be with an adult.**

**Led by:**



**Funded by:**



**No need to book, just come along. Scan for details or call 01179 14 3002**





# 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.



## Creative Holiday Club

For 5 - 11 year olds

### Activities

- Arts and Crafts
- Drama
- Games



### When?

10am - 2pm  
Mon 7th April - Thurs 10th April

**NO  
COST!\***



### Where?

Downend, Little Stoke, Hillfields,



# Drop the Pressure

**Free long term telephone listening support**

## Who are we?

**Drop the Pressure** is a telephone listening support service that provides weekly sessions for young people (ages 11-18) experiencing issues surrounding mental health and emotional wellbeing.

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

## When?

Your listener will call on the same day each week. Drop the Pressure sessions run **every Thursday between 4-7:30pm** during the school-term and pause during the school holidays.

Phone/ Text sessions are offered for up to 50 minutes.  
The support is offered on a weekly basis for up to 6 months.

## What does a session look like?

Your Drop The Pressure listener is here to help you talk about your feelings, mental health, coping strategies, or goals.

We believe everyone is unique so each set of calls will be different—you decide what to share, and your listener might ask questions to support you, including about your hobbies and interests!

## Get in touch



0117 366 0079



maddie@lovesquared.org.uk



@lovesquaredcharity





## **Drop the Pressure Telephone Listening Support Parents & Carers**

Welcome to Drop the Pressure, here's a little bit more about what we do and how we can help.

### **Who are we?**

Drop the Pressure is a telephone listening support service that provides weekly sessions for young people (ages 11-18) and parent/carers experiencing issues surrounding mental health and emotional wellbeing. Sessions are via phone/ text and provide a space for you to talk, be yourself, and be heard. Our team of trained volunteer listeners are here to listen to any issues, big or small, that matter to you.

Drop the Pressure is part of our 'Glow' projects providing creative and imaginative social, emotional and mental health support to young people and their families.

On joining the project you will be matched with one of our volunteer listeners for regular calls. If you have a preference for who you'd like to speak to e.g a woman or a man, or if there's something that is particularly important to you, please let us know. We can't guarantee that we'll have someone who perfectly matches what you're looking for but we'll try our best.

### **When do sessions take place?**





Your listener will call on the same day each week – Thursday evening between 4–7.30pm. Drop the Pressure sessions run every Thursday during the school-term and pause during the school holidays.

Sessions are offered on a weekly basis for up to 6 months with a review for extended work. We find those who speak to their volunteer listener on a regular basis get the most out of the sessions.

### **What does a Drop the Pressure session look like?**

Your volunteer listener will text you at the start of the Thursday Drop the Pressure session (roughly between 4–4.30pm) to check in with how things are going and see if you would like a chat. Simply send a text back to confirm you're available. If they don't hear back they will always try and give you a call anyway just in case you missed the text – it happens!

Drop The Pressure listeners provide a compassionate, non-judgemental listening space for whatever you'd like to talk about – whether it's what's going on for your child/family or a space simply for you. We might not be able to offer solutions but we can journey alongside you and hopefully make your load feel a little less heavy.

We believe everyone is unique so every call will be different, we want you to know that you are in charge of what you talk about. Although we might ask you questions to get to know you, we care about you and what's happening for you.

Ideally, you need to be in a quiet and reasonably private place where you feel ok to talk freely. We know that this is not always possible, sometimes life can be hectic! Calls can last from anything between 2 minutes to a full 50 minute session – again this is up to you. Occasionally your Drop the



Pressure listener might have more limited time, if this is the case they will always let you know at the beginning of the call.

## **Cancellations**

Our volunteers are committed to being here for you on a regular basis and can best support you when sessions are regular. If you are not available for a session, you can let your listener know and the session can be rescheduled for the next week.

If you frequently cancel multiple sessions, your listener will check in with you to see how you are finding the sessions and review whether the support is feeling right for you.

Sometimes our volunteers might need to cancel themselves because of illness or personal issues that might come up but we would expect them to be as reliable as possible. We'll let you know as soon as possible if your listener is not available.

## **Information sharing**

Confidentiality is important to us and we will not ordinarily share information about you without your consent outside Love Squared. The exception to this is if we are concerned that you, or someone else, might be at risk of harm or it could impact on your ability to thrive. Then we may need to involve other people and services in order to make sure everyone is kept safe and you are getting the support you need.

We want to be transparent about consent and why/ how we might need to share information about you so please read our safeguarding and information sharing statement at the end of this letter.





Your volunteer listener might also record notes from the calls and these will be stored securely in accordance with UK GDPR. We will also need to have information about you stored securely so we can provide support services and contact you and to make sure we are keeping you safe.

Lastly, we are looking forward to you being part of the Drop The Pressure project!

Warm regards,

*The Love Squared team x*

### **Need to Share Information and Safeguarding Statement**

Love Squared has a duty to share information with other agencies if there is anything that comes up which we think might put a young person in any risk of harm. However, we will always try to seek consent directly from the young people we are working with and parents/ carers on a case-by-case basis and explain what and why we are sharing, except in circumstances where we were not sure if this might potentially cause risk of further harm or where it might cause delay in keeping someone safe.

# Free family forest school sessions



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



When?

The following Wednesdays at 1.30pm – 3pm:

23<sup>rd</sup> October

20<sup>th</sup> November

~~22<sup>nd</sup> January~~

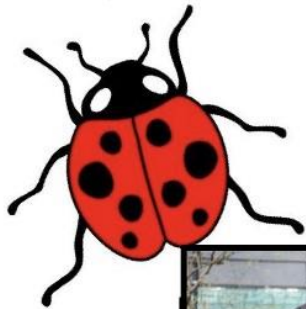
26<sup>th</sup> February

26<sup>th</sup> March

7<sup>th</sup> May

2<sup>nd</sup> July

Please dress your child weather appropriately.



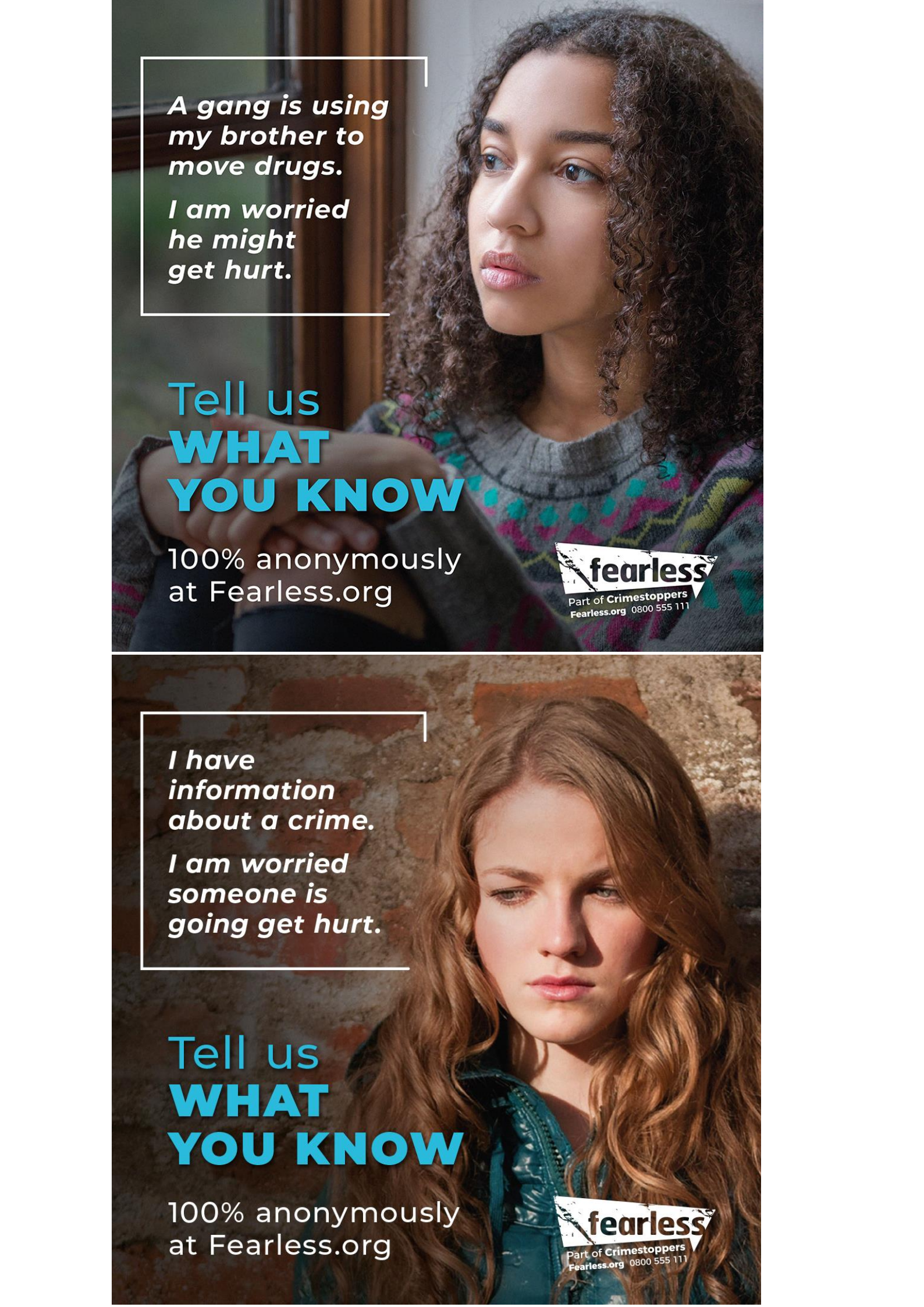
If you would like to attend, please call the school office on 0117 377 2260 or email [st.nicholas.p@bristol-schools.uk](mailto:st.nicholas.p@bristol-schools.uk) to book a place!

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



"Where charity and love are, God is there"



A young woman with curly hair is looking out a window. She is wearing a grey sweater with colorful patterns. The background is a window with wooden frames.

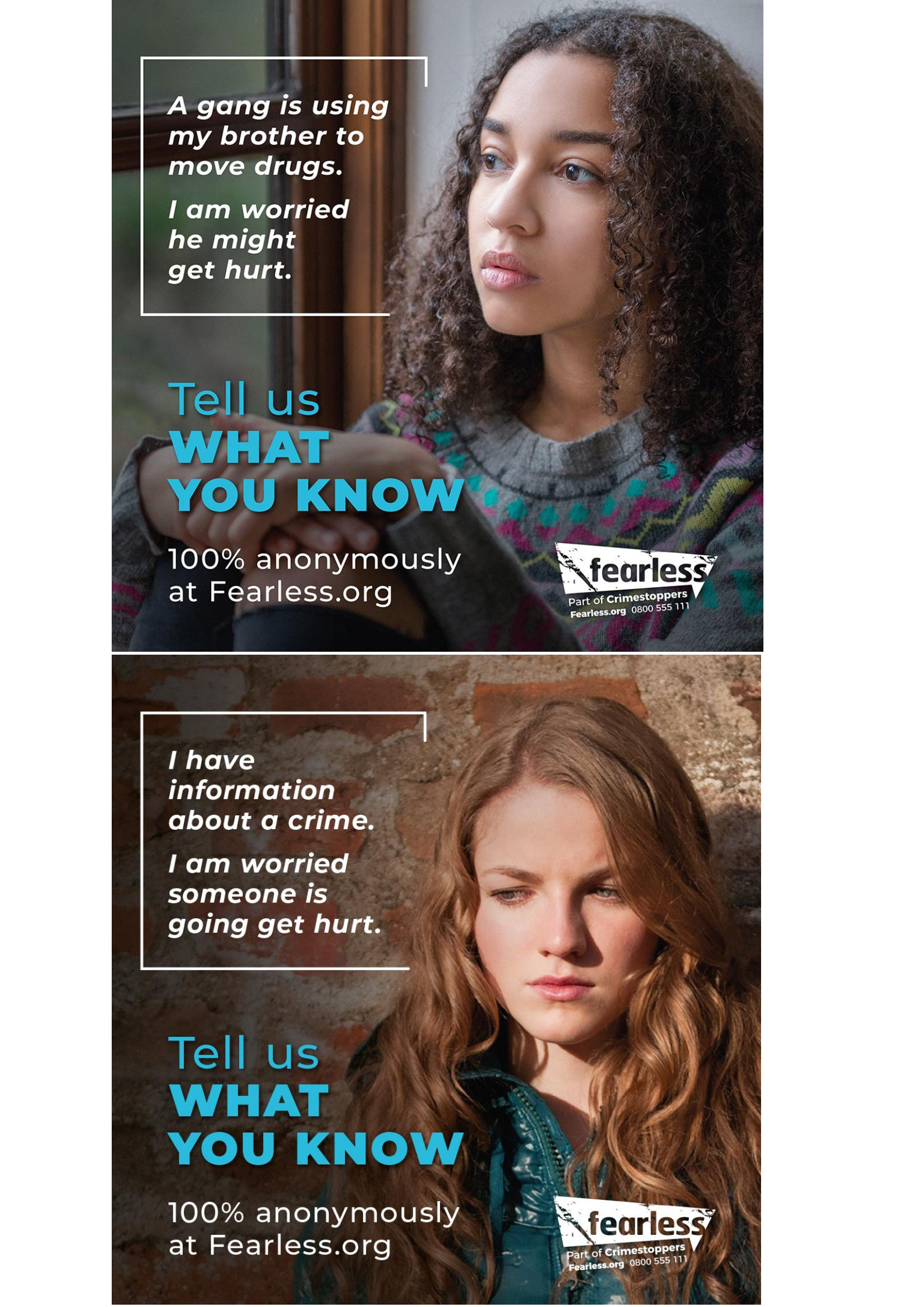
*A gang is using  
my brother to  
move drugs.*

*I am worried  
he might  
get hurt.*

Tell us  
**WHAT  
YOU KNOW**

100% anonymously  
at Fearless.org

**fearless**  
Part of Crimestoppers  
Fearless.org 0800 555 111

A young woman with long wavy hair is looking down. She is wearing a green jacket. The background is a textured wall.

*I have  
information  
about a crime.*

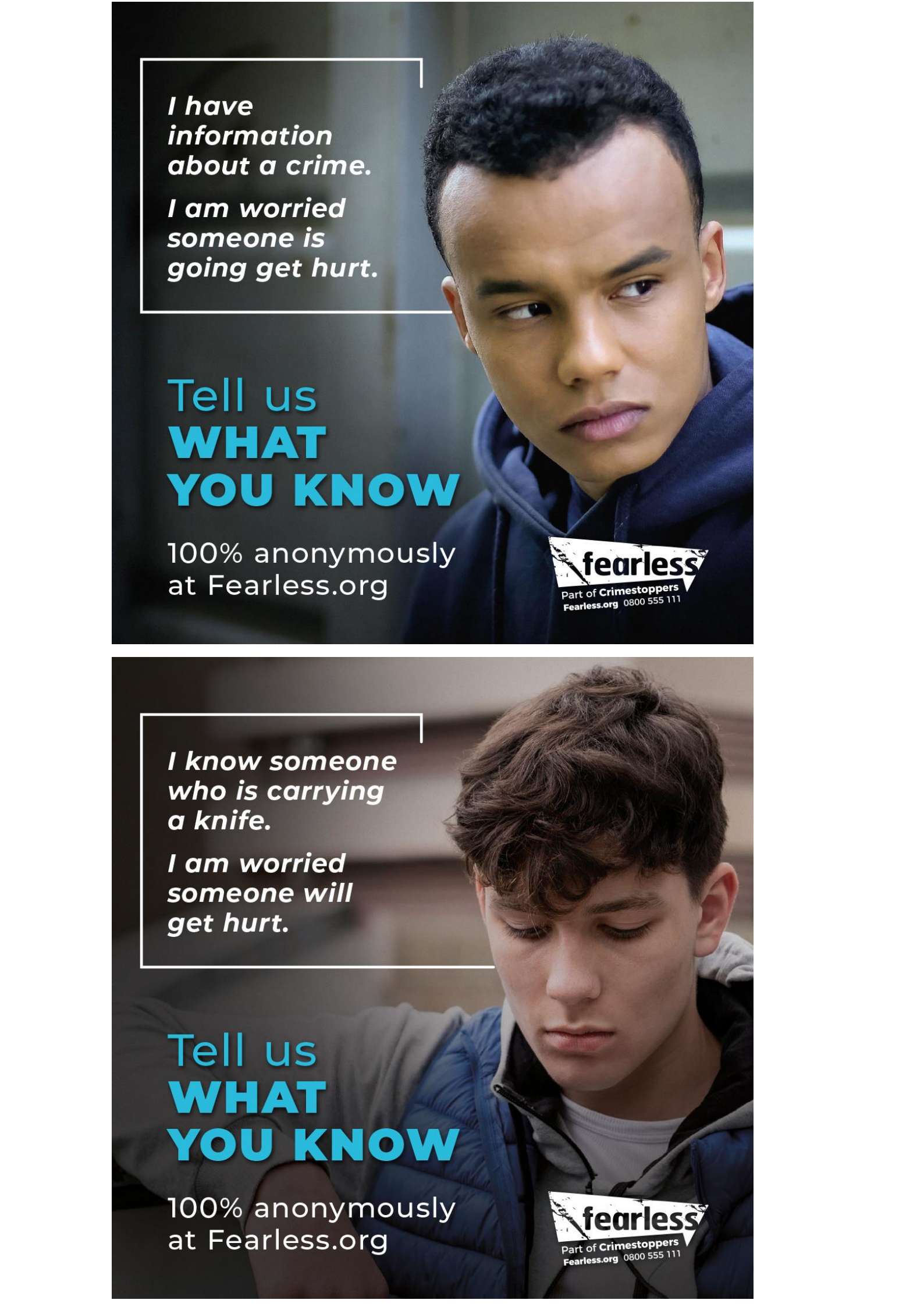
*I am worried  
someone is  
going get hurt.*

Tell us  
**WHAT  
YOU KNOW**

100% anonymously  
at Fearless.org

**fearless**  
Part of Crimestoppers  
Fearless.org 0800 555 111





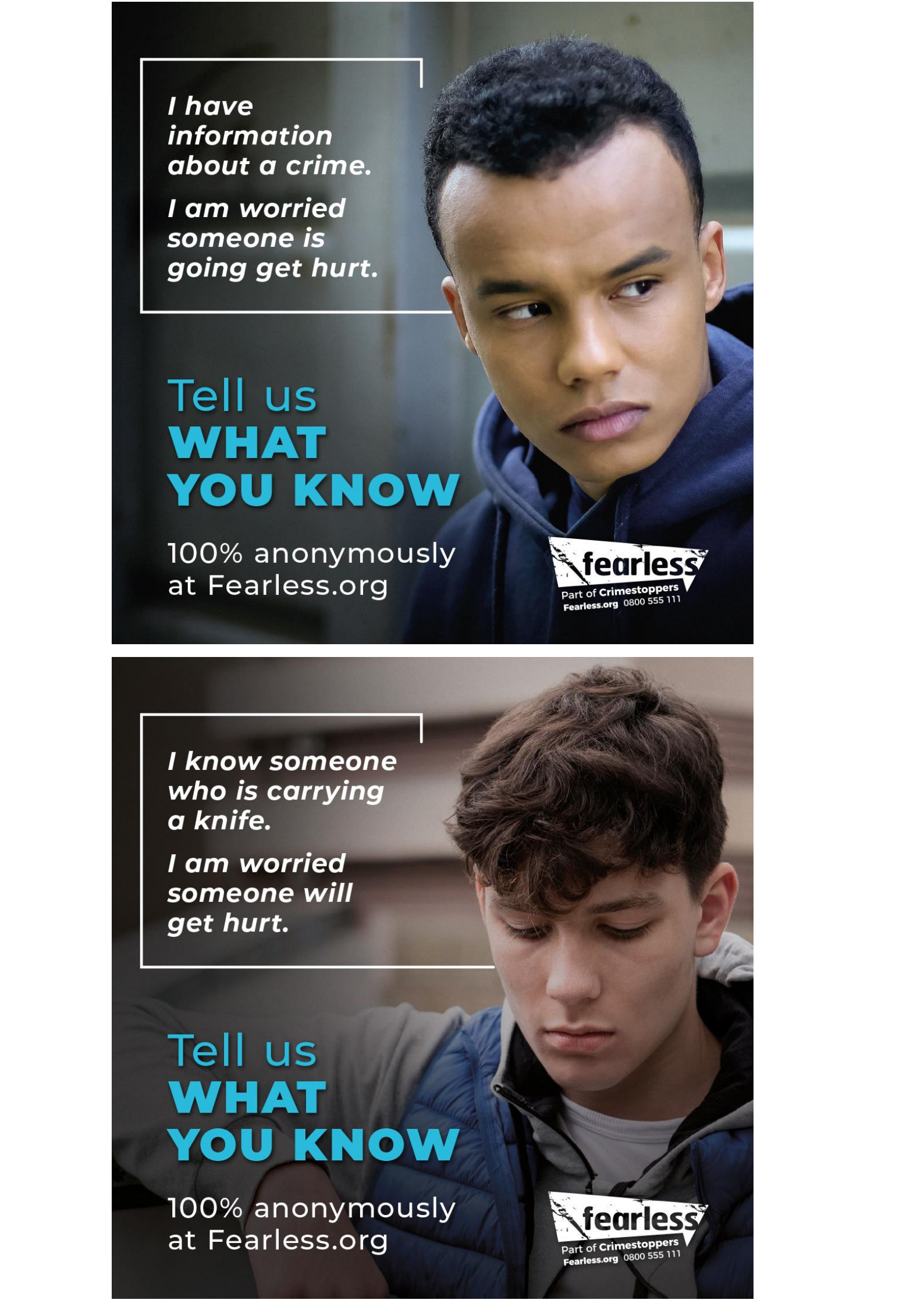
*I have  
information  
about a crime.*

*I am worried  
someone is  
going get hurt.*

Tell us  
**WHAT  
YOU KNOW**

100% anonymously  
at Fearless.org

**fearless**  
Part of Crimestoppers  
Fearless.org 0800 555 111



*I know someone  
who is carrying  
a knife.*

*I am worried  
someone will  
get hurt.*

Tell us  
**WHAT  
YOU KNOW**

100% anonymously  
at Fearless.org

**fearless**  
Part of Crimestoppers  
Fearless.org 0800 555 111





## **Glow Groups**

### **In-person holiday groups and workshops**

Our free in-person groups and workshops run throughout the school holidays, including Easter, Summer, Christmas and half-terms. These groups are for children between the ages of 5 - 14 though are often more specific to allow children to socialise with others a similar age to them.

We are currently running:

- Cooking & Baking workshops at Co-Exist Community Kitchen in Easton
- Intergenerational Gardening Workshops at Brentry Allotment
- Graffiti Workshops at The Island
- Pottery Painting sessions at Kiln Workshop
- Creative sessions at a location TBC

We also offer occasional day trips and have previously taken children to Bristol Zoo Project last summer and are hoping to offer a trip to We the Curious this summer.

To be added to our mailing list for these groups and workshops please email [emma@lovesquared.org.uk](mailto:emma@lovesquared.org.uk).



## **Glow Groups**

### **Therapeutic small groups and workshops**

Welcome to Glow Groups, here's a little bit more about what we do and how we can help.

#### **Who are we?**

Love Squared is a children's mental health charity here to change the national landscape of how children experience the mental health system, putting kindness at the forefront of every interaction. We're building awareness, starting a movement, listening to the children's voices and those of the people who love them. At Love Squared, we want to transform the experience of those impacted by mental health difficulties. We are on a mission to ensure that no child has to lose out on a world of potential because of mental health struggles which mean they can't access school or find it hard to make friends.

Please refer to our website for more information: <https://lovesquared.org.uk/>

Glow Groups are part of our 'Glow' projects providing creative and imaginative social, emotional and mental health support to young people and their families.

The Glow Groups are led by trained mental health professionals and youth workers with a wealth of experience working with young people with additional needs.

#### **What are the Glow Groups?**

The Glow Groups are therapeutic small groups for children and young people who may be feeling anxious, isolated or anyone struggling to fit in with peers. The groups aim to build confidence, friendships, and improve wellbeing in a supportive environment with guidance from a lead mental health practitioner. The groups run online, after-school during the term-time and in-person during the holidays.





### **Remix (year 5 and 6)s**

What? Specialist online group for children and young people to connect with others and express themselves through games, play and creative activities.

Who? Children in year 5 and 6 as well as those not attending school (in the same age group) who may be feeling anxious, isolated or anyone struggling to fit in with peers who enjoy creative activities.

### **Transitions (year 7 and 8)s**

What? An online social group built around the theme of transition and change through conversation, games and creative activities.

Who? For children in year 7 and 8 as well as those not attending school (in the same age group) who may be feeling anxious, isolated or anyone struggling to fit in with peers.

### **Game On (year 6, 7 and 8)s**

What? Specialist online group for children and young people to play games and socialise with peers through a shared love of online gaming.

Who? For young people in year 6, 7 and 8 who may be feeling anxious, isolated or anyone struggling to fit in with peers who enjoy gaming and feel most comfortable in an online space.

### **Group aims**

The Glow Groups aim to build confidence, friendships and improve wellbeing in a supportive environment.

### **Membership duration**

Membership in the online Glow Groups is guaranteed until the end of the academic years stated. Young people will have access to the holiday groups as long as they meet the criteria subject to availability. We can discuss eligibility on a case by case basis.



Pressure listener might have more limited time, if this is the case they will always let you know at the beginning of the call.

## **Cancellations**

Our volunteers are committed to being here for you on a regular basis and can best support you when sessions are regular. If you are not available for a session, you can let your listener know and the session can be rescheduled for the next week.

If you frequently cancel multiple sessions, your listener will check in with you to see how you are finding the sessions and review whether the support is feeling right for you.

Sometimes our volunteers might need to cancel themselves because of illness or personal issues that might come up but we would expect them to be as reliable as possible. We'll let you know as soon as possible if your listener is not available.

## **Information sharing**

Confidentiality is important to us and we will not ordinarily share information about you without your consent outside Love Squared. The exception to this is if we are concerned that you, or someone else, might be at risk of harm or it could impact on your ability to thrive. Then we may need to involve other people and services in order to make sure everyone is kept safe and you are getting the support you need.

We want to be transparent about consent and why/ how we might need to share information about you so please read our safeguarding and information sharing statement at the end of this letter.





- Low self-confidence
- Relationship struggles
- School or exam stress
- Socialising/ isolation
- Bullying & cyber bullying
- Peer Pressure
- Issues with social media
- Exploring identity
- Mild to moderate anxiety or feeling low

The Glow Groups can help by:

- Offering a safe space to express and explore feelings, thoughts and opinions.
- Helping identify and understand emotions.
- **Developing coping strategies for stressful times.**
- Improving problem-solving skills and resilience.
- Building healthy relationships and boosting social skills.
- Focusing on strengths and values.
- Encouraging self-care.
- Building confidence and self-esteem.
- Offering mindfulness and relaxation techniques.

*If you have any questions or would like a chat please get in touch with us  
at [team@lovesquared.org.uk](mailto:team@lovesquared.org.uk).*



### **Home visiting**

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 always put the needs of families first. Families are visited by a member of staff and then matched with one of our trained and supported volunteers, who are mostly parents themselves. They offer free, confidential support, friendship and practical help to other parents who are going through challenging times and have at least one child under the age of 5 years. Our Family support coordinators liaise with other services and help connect families to other support that they might need.

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://homestartbsg.org.uk/referrals/>

### **Mums in Mind (Mims)**

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 and who would like to connect to other mums in a similar situation. 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 with a focus for each session and are by referral only, but parents can also self-refer. It's a chance for mums 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 – Knowle, Lockleaze and Lawrence Weston. The next sessions start again in May. Please get in touch if you would like more information or to make a referral.

### **Volunteering**

We are looking for Volunteers to join our next training courses. Becoming a Home-Start volunteer is an incredibly rewarding experience. You will be able to give back to your community and help change parents and children's lives. Our volunteers tell us the experience changes their lives as well – giving them new skills and experience as well as the satisfaction of having helped a family get back on track. If you would like details of our next training course, please contact [admin@homestartbsg.org.uk](mailto:admin@homestartbsg.org.uk) or give us a call on 0117 950 1170

**Because Childhood Can't Wait** 

# Navigation & Nurture

A monthly meet up for parents of medically complex and profoundly disabled children aged 0-5



Are you wondering what help is out there?

Come along to a welcoming space, meet other parents, get emotional support and bring your questions to professionals in areas such as:



- Staying well on this exceptionally challenging parenting path
- Benefits
- House adaptations
- Support at home
- Education
- Anything else!

Help with transport costs and onsite playworkers available on request

6th March  
3rd April  
8th May  
5th June  
3rd July  
4th September  
2nd October  
6th November  
4th December  
10am-12pm  
St Annes House,  
BS4 4AB

Info and booking at <http://www.bit.ly/navandnurch>



MURMURATION  
COMMUNITY  
THERAPY





# SAY



# SEND AND YOU SENDIAS

We provide Information, Advice and Support around Special Educational Needs and Disabilities. Our service covers Bristol, North Somerset and South Gloucestershire.

## Contact Us

Our advice service is open Monday to Friday from 9:30-16:30 year round. To get in contact with us you can:

- Scan the QR code below to access our Contact Form
- Enter your details into the form
- An advisor will call you within 3-5 working days
- If you are not available, the advisor will send you a link to book a telephone appointment



Unable to access the form? Please email or call:  
[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk) 0117 989 7725

For  
Barton  
Hill  
Families

# Your family is invited to School Holiday Food and Fun

Free

The Swannery, Wellspring Settlement, Ducie Street,  
Barton Hill, BS5 0AX

Wednesday 9th April and Monday 14th April  
12.30 - 3.30pm

St Luke's Lunch and Travelling Light are offering food and fun this school holiday. Come together for lunch and then leave your child for fun activities with the Travelling Light team.

Family Café  
12.30 - 1.30pm

Parents/carers must stay

Family cafe drop in to build your own lunch, parents must stay.  
Booking Required.

Activity Session  
1.30 - 3.30pm

Drop off only

Interactive play and craft activities for children in school years 1 - 6.  
Booking Required.



## Booking Essential

This is for Barton Hill Families with children in years 1 - 6.  
Priority given to children on eligible free school meals.  
Scan the QR Code to book



Any questions message Amy [lunchstlukes@gmail.com](mailto:lunchstlukes@gmail.com) 07801 762655



@travellinglighttheatre



ST LUKE'S LUNCH

SCHOOL HOLIDAY FOOD & FUN



@stlukeslunch

Your  
Holiday  
HUB  
Bristol



# 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 termly parent groups\*

[www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk)  
[info@bridgefoundation.org.uk](mailto:info@bridgefoundation.org.uk) | 0117 942 4510







For more info contact Carly on:

07442 843856

[cwilshire@lpw.org.uk](mailto:cwilshire@lpw.org.uk)

Every Wednesday

3-5pm

Funded by:



LPW

# Easter Play Sessions

*Urban Park, Barton Hill*

Easter arts & crafts, sports activities  
and snacks provided

*Ages 8+*

Under 8s must be accompanied by an  
18+ adult



Every Tuesday  
3-5pm

For more info contact  
Mohammed on:

[bristolsomaliyouthvoice@hotmail.com](mailto:bristolsomaliyouthvoice@hotmail.com)

Delivered in  
partnership with: Funded by:

LPW

