

East Central Bulletin May 2026

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**DOCKLANDS
HUB**

MORE THAN MUSIC

**FOSTERING
A COMMUNITY
WHERE SUPPORT
CONQUERS
CHALLENGES.**

**THESE WEEKLY OPEN ACCESS
SESSIONS ARE A GATEWAY TO
POSITIVE YOUTH ACTIVITIES
AND PROGRESS**

Wheelchair Accessible



Tuesdays

5.30pm - 7.30pm

8 - 11 year olds



Wednesdays

6pm - 8pm

12 - 16 year olds



Thursdays

7pm - 9pm

17 - 21 year olds

**DOCKLANDS COMMUNITY CENTRE BS2 8UA
07342369623 || INFO@ACECICTEAM.COM**





**HILLFIELDS PARK
HUB**

MORE THAN MUSIC

**A GATEWAY TO
POSITIVE YOUTH
ACTIVITIES AND
PROGRESS**

**FREE SESSION WITHIN OUR
MUSIC STUDIO ALONGSIDE
CREATIVE YOUTH NETWORK'S
YOUTH SESSION**

Wheelchair Accessible

**Wednesdays
7pm - 9pm
12 - 19 year olds**

**HILLFIELDS PARK COMMUNITY CENTRE
BS16 4EH**

07342369623 || INFO@ACECICTEAM.COM





**PICKLE FACTORY
HUB**

MORE THAN MUSIC

**TOGETHER,
WE'RE CRAFTING
EXPERIENCES
THAT EMPOWER
AND INSPIRE.**



**FREE SESSION WITH A MUSIC
STUDIO, CINEMA ROOM,
COOKING, SPORTS AND MORE...**

**Fridays
6pm - 8pm
11 - 19 year olds**

**THE PICKLE FACTORY BS5 0HH
07342369623 || INFO@ACECICTEAM.COM**



Inspiring Dementia Action

in Bristol Schools

April 2026



We hope that you all had a restful and enjoyable Easter break and are embracing the Summer terms. Terms 3 and 4 been very busy, with 50% more pupil interactions compared to terms 1 and 2, working with all years groups from Year R –13 in schools and colleges citywide. This has consisted of a variety of projects as well as our core offer, including story time as part of a 'People who help us' Year 1 project, a Year 6 project led by someone living with dementia in Neuro-Diversity week, a 6 week Enrichment Year 8 project, and a Year 10/11 session as part of Careers week. Terms 5 and 6 are very busy, although there are still a few remaining spaces for those of you have not yet booked and would still like to. Please contact sally.townsend@alzheimers.org.uk for further information.

Finally, we are delighted to share that we are finalists in the inter-generational category at the UK National Dementia awards. This is such an accolade and would not be possible without your engagement and support. Our sincere thanks to you all.

Redland Green School

Following on from an assembly, a group of Year 8 students and class teacher from Redland Green School chose to participate in a 6 week Enrichment project, titled 'Dementia into Action – Inspiring Positive change'. People living with dementia were also selected to be part of the project. Highly successful collaborative activities with true connections produced some great outcomes as follows:

Photography in nature



Local poetry



Making games



The lead teacher shared that:

"The students have learnt lots of things and skills over the weeks. Having the visitors into the school has been really good learning and really valuable. People with dementia are still able to share their skills with others. The students were so engaged in their projects and activities. The visitors' reactions made it so worthwhile."

Thank you to you all!

School Engagement

More than 1650 pupils and staff in Primary, Secondary and Post 16 settings engaged during Terms 3 and 4. Thank you to the following settings:

Bristol City College
Brunel Field Primary
Collegiate Secondary
Collegiate Post 16
Redland Green Secondary
St Bernadettes Secondary
Sea Mills Primary
Westbury-On-Trym Academy
Westbury Park Primary

Working with Families

An important part of our offer includes working with parents, carers and family members. This can include educating families about dementia, providing support for those affected by dementia and helping parents and carers to support their children's learning. This is typically achieved through delivering adult Dementia Friends sessions, information sessions at coffee mornings, information stands at Parents evenings, or involvement in assemblies.

It was an absolute joy to be part of a Year 5 assembly at Westbury-on-Trym Academy where pupils educated the whole school and parents about dementia. Pupils spoke with such knowledge, skill and confidence, and the impact of the work was clear from family and community responses. Well done to you all!





May Half Term Programme 2026

| Date | Time | Event | Session |
|--------------------|-------------------|-------------|-----------------------|
| Tuesday 26th May | 10:15am - 11:30am | Under 5s | Taste Safe Messy Play |
| Tuesday 26th May | 1:45pm - 3:00pm | Stay & Play | Messy Play For All |
| Wednesday 27th May | 10:15am - 11:30am | Under 5s | Under 5's Messy Play |
| Wednesday 27th May | 1:45pm - 3:15pm | Stay & Play | Space |
| Thursday 28th May | 10:15am - 11:45am | Stay & Play | Imagination Machines |
| Thursday 28th May | 1:45pm - 3:15pm | Stay & Play | Box Monsters |
| Friday 29th May | 11:00am - 3:00pm | Families | Family Fun Friday |
| Saturday 30th May | 10:15am - 11:45am | Stay & Play | Scrap Creations |

Under 5s

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

Stay & Play

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

Families

Free stay & play drop-in sessions (so no need to book), for children and their adults. See more details for these sessions at:

www.childrensscrapstore.co.uk/free-events

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.



Family Fun Friday

at Children's Scrapstore

Join us for Family Fun Friday on
May 29th 2026, 11am - 3pm
for fun and **FREE** family activities!



We will be running **drop-in creative activities**, suitable for a **range of ages**.

Some activities will be running outside, subject to change depending on weather. Keep an eye on our social media for more information soon!



Super Saturday!

at Children's Scrapstore



Arts, Crafts, & Play in our Playroom

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 6th
June 2026!



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FREE

Play-Way Level 1 play training



Session 1 - 18th May 2026 9.30 - 16.30

Session 2 - 1st June 2026 9.30 - 16.30

All participants will receive a basic certificate after attending both sessions.

(Participants who currently work or volunteer with children can receive a full certificate if they complete a gap task between session 1 & session 2.)

The UK play sector covers a wide range of settings working with children of all ages and abilities. Play-Way offers those interested in or already working with children an introduction to play and playwork at Level 1.

The course aims to provide learners with:

- an understanding of children's freely chosen play and the roles and responsibilities of the adult in supporting children and young people's play alongside safe working practices
- underpinning theory around play and playwork
- an understanding of the Playwork Principles, Children's Rights and the importance of inclusion and equalities when working with children and young people
- confidence and skills when working with children and young people aged 4-16 in a range of settings including a play setting
- signposting to further training and job opportunities

The course emphasises participative learning, discussion, practical activities. The assessment will be based on participation in the taught session and completion of a short question paper.

You may have already done our Introduction to Play and Playwork course but it isn't a necessity. After Play-Way you could go onto Level 2 in Play and Playwork, or straight into employment/volunteering in the play sector.

To book, email:

training@bandltd.org.uk
with the name of the attendee
and the setting.

Training venue:

**Children's Scrapstore, St Werburghs,
Bristol, BS2 9LB**



www.fearless.org

What is Fearless?

We know it's difficult to speak up about crime – so we've tried to make it easier for young people to share what they know and help keep our communities safe.

'If you have information about crime, such as a drug dealer or someone who is exploiting young people , or you know someone who is carrying a knife? you can give that information to us – 100% Anonymously via www.fearless.org/en/give-info This means that no one will know you gave us the information. We pass that information on to the police so that we can all help create the type of communities that are safe for everyone. You can also get information about what to do if you think you are involved in crime or a victim of crime and want help'

East Central Family Hub

22nd April 2026 – 17th July 2026

Our hubs are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support

To access our free services just pop in and see us, give us a call, send an email or check out our Facebook pages
No booking required unless stated

Facebook: [eastbristolchildrenscentre.co.uk](https://www.facebook.com/eastbristolchildrenscentre.co.uk)

Facebook: [centralbristolcc.co.uk](https://www.facebook.com/centralbristolcc.co.uk)

Email: ecfh@bristol.gov.uk

Telephone: 0117 9223189

To register interest in any of our parenting groups please scan this QR code:



Visit our Facebook page by scanning this QR code:



Parenting Puzzle

4-week programme for parents/carers of a child between 0–5 years sharing parenting strategies that support positive behaviour and emotional wellbeing. Delivered in person and virtually (condensed version of the Nurture Programme)

***Booking Required**

Welcome to the World

A 5-week programme for parents-to-be. From 22 weeks of pregnancy onwards. Preparing for parenthood, focusing on building strong emotional health for parents and baby.

***Booking required**

Childminders

A space where childminders can connect, share experiences and receive support, and a network for collaboration

*** Drop-in sessions.**

New Parents Group

A safe, fun & welcoming group for new parents. Connect with others who are navigating the joys & challenges of parenthood. Whether you want to share your experiences, ask questions or simply build new friendships, this is a space where you will feel supported and understood

***Booking Required**

Rockabye

A group to support & nourish your relationship with your baby through sharing experiences with other parents, singing and sensory play. For mums with babies up to 7 months

***Booking Required**

Baby Hubs

An opportunity to see the Health Visitor for advice, scales will be available for you to use. Members of the Family Hub team are on hand to share information.

Suitable for parents/carers of children under 0-5 years.

*** Drop-in sessions.**

Learn & Play Together (Baby Peep)

Babies learn together through playing, listening, talking, singing and sharing books. Supporting and building on what families already do at home. Making the most out of everyday learning opportunities to help your child reach their full potential.

***Booking required**

Mums in Mind

A peer support group for mums with children aged 0 – 2 years who feel like things are getting on top of them

***Invite only**

Hello Baby

A free 4-week course to help you prepare for the birth of a baby.

The course will help you prepare for the birth experience, and for the early days after having your baby. Get to know your baby and how to give them the care and comfort they need. Understand more about feeding your baby and the support available to you.

*** Sign up via Registration Form found here: <https://www.bristol.gov.uk/bristol-family-hubs/parenting-courses/hello-baby>**

Breastfeeding Peer Support

Meet new people and discuss your breastfeeding experiences – positive and struggles with support from trained practitioners

*** Drop-in sessions.**



MINDFUL MONDAYS

at Easton Community Centre

Drop in on the third Monday of each month between 11am and 2pm for free, friendly and professional health and well-being advice, services, and sessions.

FREE

- **Free taster sessions**
- **Sight Support**
- **Disability advice**
- **Local providers**
- **Support groups**
- **Sexual health**
- **Vaccines and health checks**
- **Mental health and well-being**
- **Back to work support**
- **Women's health**
- **Free refreshments**
- **Games and activities**

MONDAY
18 MAY



NATURE TRAILS

Meet at Felix Road Adventure Playground

Wednesday 3 June, 4 to 6pm

Bird Watching

How many birds can you spot around Bristol? Come and learn to recognise the feathered neighbours living right on your doorstep.

Bring binoculars if you have them, the more you look, the more you'll see!



Home Start



We offer free, confidential support, friendship and practical help to parents who live in Bristol and South Gloucestershire who are going through challenging times and have at least one child under the age of 5 years.

Home visiting Service

We support 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 children and 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 can offer, emotional and practical support as well as helping families to connect to their communities. 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/>

"Thank you for everything that you have done for us, for taking us on when others wouldn't, for the chats, the wise words, the encouragement and showing me there is a way forward and a kindness out there" (mum of four after home visiting support)

Dad Matters

[Dad Matters Bristol and South Gloucestershire](#) supports dads and father figures to build strong, positive relationships with their babies and children from pregnancy onwards. The programme offers friendly, non-judgemental support, helping dads feel more confident in their role, improve their mental wellbeing, and strengthen family bonds. Through group sessions, outreach, and one-to-one conversations, Dad Matters works alongside local services to ensure dads are included, heard, and supported as an important part of their child's early development.

Groupwork

Best Start for Mums (formerly Mums in Mind)

This is a free peer support group for mums with children under 2 years who are feeling lonely or anxious, and who would like to connect to other mums in a similar situation. These groups have been developed in partnership with Family Hubs across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 9 sessions with a topic for discussion 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 groups are running termly in 3 locations across Bristol – Knowle, Barton Hill 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.

Twins and Multiples Drop in

Our Twins and Multiples Drop-In takes place on the first Friday of every month from 10:00–11:30am at Oldbury Court Children's Centre. This free, friendly and relaxed session is open to parents and carers of twins, triplets, and more, offering a chance to meet others who understand the unique joys and challenges of raising multiples. Families can connect, share experiences, and enjoy time together while children play. No booking required.

Boing! Drop in

Home-Start is currently running a free weekly drop-in at Boing! Inns Court as part of our South Bristol Project, and we welcome families living in BS4, BS13 and BS14 to join us on Tuesdays from 9am–11am for play, connection, and support from our trained Home-Start staff and Community Ambassadors. This friendly and inclusive session offers a relaxed space for children to play and for parents and carers to meet others in the community. Please book your space via Eventbrite <https://www.eventbrite.co.uk/o/home-start-brisol-and-south-gloucestershire-74210028183>

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 or give us a call on 0117 950 1170

"I really enjoyed building a connection with the mums and children I meet – both in groups and individual home visits. It's incredibly rewarding. I have also enjoyed getting to know the staff and other volunteers." Volunteer of three years.

Our next course is running from 30th April every Thursday for 4 weeks 9:30-2:30 at The Greenway Centre in Southmead.

Because Childhood Can't Wait 

Managing Conflict in the Family

Mindfulness tools for calmer,
more connected parenting

Online Workshop

Friday 8th May 9:30 - 11am

and

Wednesday 20th May 6-7:30pm

Via Zoom

Cost: Unwaged - By donation

Low waged - £10

Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533



Love and Limits (Setting Limits)

Mindfulness tools for calmer,
more connected parenting

Online Workshop

Friday 5th June 9:30 - 11am

and

Wednesday 17th June 6-7:30pm

Via Zoom

Cost: Unwaged - By donation

Low waged - £10

Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533



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:

support@sendandyou.org.uk

Or call us:

NEW phone number from 1 April 2026: 0117 992 6009
Our old number will redirect until 31 May 2026

We provide the information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

SAY's Topic of the month is Transitions for Children and Young People with SEND

This series aims to help parents and carers to prepare for transitions such as moving between phases of education or settings. It contains impartial information based on SEND Legislation and Statutory Government Guidance on the duties on Local Authorities in supporting you and your child at these times as well as practical tips on things you may find helpful.

Scan the QR code to find out more or visit:
<https://www.sendandyou.org.uk/transitions-for-children-and-young-people-with-send/>



Our telephone number has changed!

From 1 April 2026, our Information, Advice and Support Line has a new telephone number:

0117 992 6009

Our old number will redirect until 31 May 2026, so you won't miss us during the changeover.

You can always find our most up-to-date contact details on our website: <https://www.sendandyou.org.uk/contact-us/>





Appointments with SEND and You

SAY
SEND AND YOU
SENDIAS



Wellspring Family Hub,
Barton Hill, BS5 0AX

Wednesday 20th May 2026

We can provide advice and support on education issues such as SEN support in schools, EHCPs, exclusions, your legal rights and signposting to other helpful services.

Appointment Times:

1:00 - 1:20pm

1:20 - 1:40pm

1:40 - 2:00pm

2:00 - 2:20pm

Scan the QR code to book!



strengthening families strengthening communities



Starts Thursday 30th April 2026

9.15am to 12.15pm

11 sessions

Settlement Site, Ducie Road, BS5 0AX

An inclusive course to help parents
raise happy confident children,
from babies to teens

Scan here for
more
information or
to book!



Free
Course
and
Creche!

Or call
Sally or
Laura on
07492 870557



www.wellspringsettlement.org.uk info@wsb.org.uk

Settlement Site, 43 Ducie Road, BS5 0AX - 0117 3041400

Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

A company limited by guarantee, registered in England and Wales (05031499) and a registered charity (1103139)



Weekly Drama Sessions - Youth Theatre

Travelling Light Theatre Company

Wellspring Settlement, 43 Ducie Road, Barton Hill, BS5 0AX.

Be creative // Have Fun // Learn new skills

Travelling Light has places available in its 6-9's Youth Theatre group for new members.

The 6-9's group meets weekly during term time on Wednesdays, 4.30 - 5.30pm. Please note – this is not a drop-in group.

Fees: £58 per term (8 sessions)

Free and discounted bursary places are available for those that need them.

***"Travelling Light boosts my confidence.
I have a lot of fun with my friends."*** Youth Theatre member

Book a trial session:

louise@travellinglighttheatre.org.uk

07305008789



YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

CARERS SUPPORT CENTRE – The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Contact details: 0117 958 9980; youngc@carersbsg.org.uk; f @youngcarersbsg



Our Young Carers Service provides help and support for children and young people aged 5-17 years in Bristol and 8-17 years in South Gloucestershire, along with their families and professionals working with young people.

A young carer looks after someone in their family who has a disability, a long-term illness, or is affected by mental health or substance misuse.

We help young carers feel positive about being a young carer, reduce isolation, reduce inappropriate care, and we provide support to develop and fulfil their future plans.

Our support provides opportunities for young carers to try out different tools and techniques to help strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when they need it, and realise their potential.

We tailor support to meet their needs and can offer:

- ★ Young carers assessments to develop support plan
- ★ 1-1 support sessions (limited number of sessions)
- ★ Group work (including Resilience Lab and themed groups meeting emerging needs)
- ★ Respite activities, including trips, creative, physical and nature-focused sessions.
- ★ Free Family Days Out passes to Bristol Zoo Project, Noah's Ark Zoo Farm and We the Curious

- ★ Bi-weekly Young Carer youth groups for 12+ year-olds who are in secondary school, run in three localities in partnership with Creative Youth Network:



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Monday 5.30-7.30pm @ 224 YouthZone, Hartcliffe Way, Knowle
- Central and East: Every other Tuesday 5.30-7.30pm @ The Swannery Youth Centre, Morley Street, Barton Hill

Transport is provided to those who need it. Contact Connie Howard-McCombe for further information: connie.howard-mccombe@creativeyouthnetwork.org.uk or 07759 839941.

Young Carers Voice

Young carers who have been supported by us have formed YOUNG CARERS VOICE who aim to raise awareness about young carers and influence decision makers to improve how services recognise and support young carers.

Support for professionals

Awareness and Training sessions

We also deliver a variety of awareness and training sessions that can be delivered within team meetings or CPD sessions.

Work with schools

Young carers often have struggles in school, including being late, frequent absences, being bullied, and feeling isolated and anxious. We have a dedicated schools' worker who can support schools in identifying young carers and improving the support they offer them. We encourage schools to sign up to the Young Carers in Schools programme and can provide:

- ★ CPD training
- ★ Assemblies (in person, online or ready-made presentations schools can deliver)
- ★ Support to start a young carer group
- ★ Advice on policies and procedures

Referral forms for our service are on our website:

[Carers Support Bristol and South Gloucestershire](#)

[Referral to our young carers service | Carers Support Centre](#)



WorkWell West – support that fits around real life

Looking after your health, your family, and your job can feel like a lot. If a recent health issue or disability is making work harder than it used to be, you don't have to deal with it on your own.

WorkWell West helps people access local support so they can start work, stay in work, or move into something new—without adding extra pressure to everyday life. We focus on early support, stepping in before things feel overwhelming, and working with you to create a plan that fits your health, your work, and your family commitments.

We're here for people who:

- Live in Bristol, North Somerset, or South Gloucestershire (or are registered with a GP in these areas)
- Are of working age (16–65)
- Have a health condition or disability
- Are struggling to stay in work, return to a job, or find new employment

A “health condition” can mean lots of different things—and you don't need medical proof. You might be:

- Dealing with stress, burnout, or anxiety
- Neurodivergent, or think you might be
- Managing aches, pains, or ongoing physical issues that affect daily life

If your health is affecting your ability to work, we can help.

We specialise in supporting people with recent health conditions, or ongoing conditions that have started to affect them more. Our support is personalised, practical, and centred around what matters most to you—whether that's balancing work with family life, looking after your wellbeing, or planning your next steps.

If you feel that this programme would be suitable for you then please do complete a [Referral form on our website](#). You can also email us at workwell@bristol.gov.uk if you have any questions.



Are recent problems with your health affecting work?

We can give you a helping hand to connect with local services who could help you stay in or get back into work.



Telephone 0117 922 3623 Email workwell@bristol.gov.uk
workwellwest.org

WorkWell West working in partnership with:



Bristol, North Somerset
and South Gloucestershire
Integrated Care Board



Department
for Work &
Pensions



Department
of Health &
Social Care

