

East Central Bulletin – Summer 2026

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Events are all free unless otherwise stated – All donations welcome

Family Holiday Fun Thursdays 11am – 3pm:

9, 16 Apr | 28 May | 6, 13, 20, 27 Aug | Craft, stories, trails and much more!

Autumn Family Fun Fairy Doors, crafts and stories. 24, 25, 29, 30, 31 Oct and 1 Nov Charges apply. Advance booking recommended.

Visit the Villa Kings Weston Roman Villa 3pm – 5pm: 12 May, 9 June, 15 Sept 10am – 2pm: 25 Apr | 30 May | 27 June | 29, 30 July | 1, 29 Aug | 26 Sept Explore a real Roman villa, take a tour and get hands-on with artefacts and activities.

Bristol's Brilliant Archaeology

Sat 25 July 11am – 4pm A festival full of family fun with archaeological activities, demonstrations and stalls.

Blaise Museum

Open Thurs to Sun, 11am – 4pm
Free entry, donations welcome.

bristolmuseums.org.uk

On the Blaise Estate

Blaise Plant Nursery

bristol.gov.uk/blaise-plant-nursery

Blaise Community Gardens

blaisecommunitygarden.org.uk

Blaise Castle

friendsofblaise.co.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



**Blaise
Museum**



**Bringing nature
into practice**



**Avon and Wiltshire
Mental Health Partnership**
NHS Trust

Be Safe Nature Drop-in

**For parents, carers and professionals supporting young people
that have shown problematic or harmful sexualised behaviour.**

- A safe, confidential, and reflective space to think together
- A calm, non-judgemental space
- Time to think, breathe, and reflect in nature
- Emotional support from experienced practitioners
- Nature-based activities to support wellbeing
- Guidance about next steps and support options
- Safety advice and guidance

Summer 2026

Thursday 16 July | 9:30-11:30am
Strawberry Lane Community Garden, Strawberry Lane,
St George, BS5 8EY
what3words: each.piano.likely

Contact on the day if needing help with location:
07542322235

Find out more!

Contact Be Safe and leave a message for Dom Smith.



0117 340 8700



awp.besafe@nhs.net



High quality, compassionate care

"I don't know how I would have coped with secondary school without you."

We can support you and your child/young person with...



Changing lives for
over 40 years

- Depression, anxiety, and overwhelming emotions
- Relationship and friendship difficulties
- Trauma and difficult experiences
- Life transitions
- Work and study related stress or burnout
- Understanding yourselves and your reactions better
- Navigating the highs and lows of being neurodivergent
- Exploring identity, gender, and sexuality

Ready to take the next step?

“

My child and I's relationship is so much better now - our communication has improved, and we are much happier.



Getting started is simple

We know reaching out can feel daunting, but getting in touch with us could be the beginning of real change for you and your family.

Scan the QR code or go to our website to complete our referral form, and we'll be in touch within 5-10 days.

Feeling unsure of how to help your child?

Worried about their anger, withdrawal, or concerning habits?

You're not failing. You just need support.

We can help you move forward



Does this sound familiar?

- Your child has explosive outbursts that leave the whole family drained
- Your child is struggling at school and you're getting constant calls
- Mealtimes, bedtimes, or leaving the house has become a daily battle
- You're worried about self-harm, eating issues, or concerning habits
- Your teen seems withdrawn, anxious, or angry most of the time
- You know something needs to change, but you don't know where to start



We look beneath the surface

We can help you and your child understand the reasons behind feelings and behaviours, giving you real tools for lasting change.



We support parents too

Parent support is part of our approach - we work with you, not just your child. You are given a space to authentically express yourself, and time to reflect on the highs and lows of parenting.



We tailor therapy to you

Children don't always sit and talk - through art, music, and play, we build relationships with their therapists over time, enabling them to safely explore their feelings in a trusted environment.

Bristol Libraries – opening hours

From 11 November 2024

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze Collection Point**	n/a	9-4	9-4	9-4	10.30-4	9-3	CLOSED	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-4.30	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Stockwood Extended Access*	0117 9038546	8-1 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	1-5
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

For further details of available services, please visit www.bristol.gov.uk/libraries

* Extended Access times are unstaffed. Please ask at the library for details of how to apply to join the Extended Access scheme.

** Lockleaze Collection Point is only open for returns and reservations collection





Summer Reading Challenge 2026

We're excited to share with you that the theme for the 2026 Summer Reading Challenge is Read to the Beat. The Challenge will celebrate the joy of music and the power it has to move, inspire, and connect us – all through the magic of reading. The Challenge is being brought to life with illustrations by award-winning author and illustrator, [Harry Woodgate](#)

The annual Challenge is delivered in partnership with public libraries, and it's free to take part. From June to September, children taking part can discover new stories and explore the magic of music.

How to take part

Children can join at any Bristol library from Saturday 4th July – Saturday 5 September.

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 library books. At the end the reward is a brilliant Summer Reading Challenge medal & certificate!

Children & families can also take part online.

To take part online go to summerreadingchallenge.org.uk/ where children create their own profile with the assistance of an adult. Children are encouraged to read library books, digital eBooks and listen to eAudio books. With fun digital activities, digital badges & a downloadable certificate when they finish.

Find us on Instagram @Bristollibraries and Facebook Bristol Libraries.

Bristol Play & Youth Alliance Training 26/27

Date & time	Training	Venue
June Mon 15th & Tues 16th 10am-3.30pm	Intro to Youthwork - Ternaya Cummings, Turtle CYP	The Greenway Centre, Southmead, BS10 5PY
June Wednesday 24 th 10 - 12pm	Intro to Play & Playwork - Children's Scrapstore	Children's Scrapstore, St Werburghs, BS2 9LB
July Monday 6th	Blended Paediatric First Aid - Delegated Services, Day 1 must be completed online before the training on July 6th	Day 1 - online Day 2 - Stapleton Room, Easton Community Centre, Kilburn Street, Easton, Bristol, BS5 6AW
July Monday 13 th	Cultural Competency - Ruth Butler, Serious Support Ltd	Children's Scrapstore, St Werburghs, BS2 9LB
July <i>TBC</i>	Safeguarding Level 2 - Keeping Bristol Safe Partnership	<i>TBC</i>
September Mon 7th & Mon 21st 2 days	Play-Way - Children's Scrapstore	Children's Scrapstore, St Werburghs, BS2 9LB
September <i>TBC</i> 2 days	Trauma Informed Practice	<i>TBC</i>
October <i>TBC</i>	Equality, Diversity and Inclusion	<i>TBC</i>

This training plan has been made possible by the Local Youth Transformation funding. **£10 non refundable** booking fee is required for every place.

To **book your place** on any of the training, or to find out more, please visit
www.childrenandyoungpeoplebristol.co.uk/training,
 or scan the QR code.



**Book online
in advance!**

Starting at
£10
for 1 adult
& 1 child

Summer Holidays: Week One & Two

Date	Time	Event	Session
Tuesday 28th July	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 28th July	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 29th July	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 29th July	1:45pm - 3:15pm	Stay & Play	Construction
Thursday 30th July	10:15am - 11:45am	Stay & Play	Magical Crafting
Thursday 30th July	1:45pm - 3:15pm	Stay & Play	Transport
Friday 31st July	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 31st July	1:45pm - 3:15pm	Stay & Play	Animals
Saturday 1st August	10:00am - 11:30am	FREE	Super Saturday
Tuesday 4th August	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Wednesday 5th August	11:00am - 3:00pm	FREE	Playday
Thursday 6th August	10:15am - 11:45am	Stay & Play	Fidget Toys
Thursday 6th August	1:45pm - 3:15pm	Stay & Play	Mini Worlds
Friday 7th August	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 7th August	1:45pm - 3:15pm	Stay & Play	Fantastic Creatures

Under 5s

Creative child led sessions for under 5s. (Tuesdays are taste safe, better for little ones likely to put things in their mouths while Wednesdays have paint, scissors, glue & some small parts).

Stay & Play

These sessions are best for ages 5+, but younger siblings are welcome and adults stay & play.

FREE

Free stay & play drop-in sessions (no need to book), for children and their adults. See more details at: www.childrensscrapstore.co.uk/free-events

To **book your place** on any of our sessions or to find out more, please visit our website: www.childrensscrapstore.co.uk/events, or scan the **QR code**.
You'll also find full pricing details and other upcoming events there.



**Book online
in advance!**



Starting at
£10
for 1 adult
& 1 child

Summer Holidays: Week Three & Four

Date	Time	Event	Session
Tuesday 11th August	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 11th August	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 12th August	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 12th August	1:45pm - 3:15pm	Stay & Play	Painting & Printing
Thursday 13th August	10:15am - 11:45am	Stay & Play	Robots
Thursday 13th August	1:45pm - 3:15pm	Stay & Play	Space
Friday 14th August	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 14th August	1:45pm - 3:15pm	Stay & Play	Clay
Tuesday 18th August	10:15am - 11:30am	Under 5s	Taste Safe Messy Play
Tuesday 18th August	1:45pm - 3:00pm	Stay & Play	Messy Play for All
Wednesday 19th August	10:15am - 11:30am	Under 5s	Messy Play
Wednesday 19th August	1:45pm - 3:15pm	Stay & Play	Rainbows
Thursday 20th August	10:15am - 11:45am	Stay & Play	Box Monsters
Thursday 20th August	1:45pm - 3:15pm	Stay & Play	Imagination Machines
Friday 21st August	10:15am - 11:30am	Stay & Play	Friday Craft
Friday 21st August	1:45pm - 3:15pm	Stay & Play	Puppets

Under 5s

Creative child led sessions for under 5s. (Tuesdays are taste safe, better for little ones likely to put things in their mouths while Wednesdays have paint, scissors, glue & some small parts).

Stay & Play

These sessions are best for ages 5+, but younger siblings are welcome and adults stay & play.

To **book your place** on any of our sessions or to find out more, please visit our website: www.childrensscrapstore.co.uk/events, or scan the **QR code**.
You'll also find full pricing details and other upcoming events there.



Bristol

Playday

2026

Wednesday 5th August

Ardagh Community Trust, BS6 7YL

Eastville Park, BS5 6QL

Redcatch Community Garden, BS4 2RD

from 11am to 3pm

Games,
Arts & Crafts,
Accessible and Quiet
Spaces too!

Come along, join in
and have some fun!

Families Welcome

Check out the
website for more
info:
www.childrensscrapstore.co.uk/free-events





SUMMER '26

PLAY & HANG OUT

FREE

Outdoor play sessions

Aimed at school age children*

**Mondays
27th July until 24th Aug**

10.30 - 2.30pm

Lunch provided for children & young people

We bring lots of play to the green spaces.

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 are 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.

Ideally, places need to be booked in advance to give us an idea of numbers.

Sessions & lunch are FREE!



*siblings welcome

Led by:



Funders include:



Fortnightly workshop with: **LETS MAKE ART**

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.
You may need to wait in our Children's Corner if the room is full.

www.childrensscrapstore.co.uk/free-events

The session is first come first served, and there is no guarantee of a place when extremely busy.



Join us on
Saturday 1st
August 2026!



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Everyone deserves to feel safe, theft shatters that security

Whether it's a stolen handbag or
a broken car window, theft leaves
more than just a financial scar.
If you know who's behind it
tell our charity.

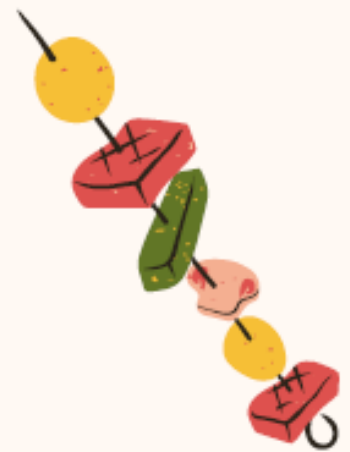
100% anonymously.
Always.

crimestoppers-uk.org

CrimeStoppers.

0800 555 111

100% anonymous. Always.



PLEASE JOIN US FOR A

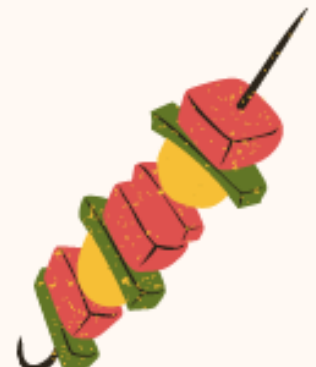
Dad's & children BBQ

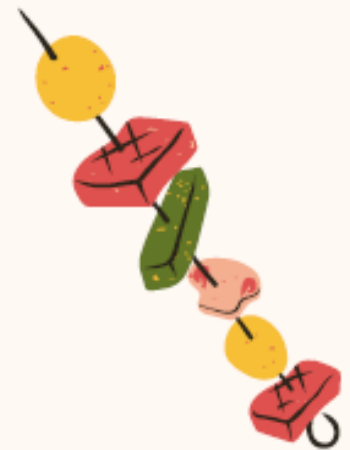


18TH AUGUST @ LUNCHTIME

TO REGISTER YOUR INTEREST PLEASE SCAN
THE QR CODE AND FILL IN THE FORM.

WE WILL BE IN TOUCH NEARER THE TIME
WITH DETAILS OF THE TIME AND LOCATION.





PROFESSIONALS, PLEASE JOIN US
FOR A

Dad's & children BBQ



18TH AUGUST, LUNCHTIME @ BLAISE

PLEASE JOIN US, DADS AND THEIR CHILDREN
FOR A BBQ WHERE YOU CAN SHARE
INFORMATION ABOUT YOUR ORGANISATION
AND ANY RESOURCES FOR DADS.

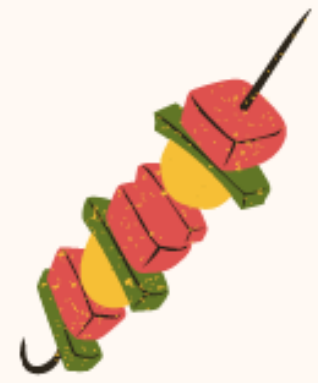


MUMS ARE ALSO WELCOME, BUT ONLY IF
THEY ACCOMPANY DADS.

TO REGISTER YOUR INTEREST PLEASE SCAN
THE QR CODE AND FILL IN THE FORM.



WE WILL BE IN TOUCH NEARER THE TIME
WITH DETAILS OF THE TIME AND EXACT
LOCATION.





We know the difference a dog can make

Whether with one of our specially trained community dogs or supporting families with their own dog – we're here to help

At Dogs for Good, we support people with a wide range of social, emotional and health needs, including disabilities, autism, dementia and mental health challenges.

One-to-one and group support:

Our Community Dogs and Specialist Handlers will work with you to help the children and young people you support build confidence, strengthen connections and make meaningful progress - one step at a time. Every session is carefully tailored to meet the unique needs of each individual or group.

Our SEND family support:

We offer advice, training & workshops, online or in-person for families with a dog or considering getting one.

Want to know more?

contact us on bristol@dogsforgood.org
or visit www.dogsforgood.org





CHILL TUESDAYS

AT FELIX ROAD ADVENTURE PLAYGROUND

Quiet sessions for disabled
and neurodivergent children

Tuesdays: 11am - 1pm

Session dates: 28 July - 1 September

For children aged 4-16 and their families.
Max 20 children per session.

At least 1 adult per booking required.
Children must be supervised by their
parent or carer at all times.

FREE KIDS MEAL INCLUDED

Halal and vegetarian option available

BOOKING ESSENTIAL

email: gemma@upourstreet.org.uk



SUMMER HOLIDAYS
AT FELIX ROAD ADVENTURE PLAYGROUND
SUNDAY 25 JULY – THURS 3 SEPT

Booking Required

**FREE PLAY,
SPORTS,
BUILDING,
CRAFTS, FOOD
AND FUN!**

If you are eligible for Free School Meals, please book in to the playground in advance or on arrival.

We are funded by Bristol City Council during school holidays to provide free food and play activities for children eligible for Free School Meals.

To help us to receive funding for future school holidays, **please book your child on to a session via Eequ >>**

<https://bit.ly/FRAPEequ>



FOOD IS FUEL FOR PLAY!
FREE KIDS MEAL ON OPEN ACCESS SESSIONS



Halal and vegetarian option available Please note that food is on a first come first serve basis and on exceptionally busy days we may run out

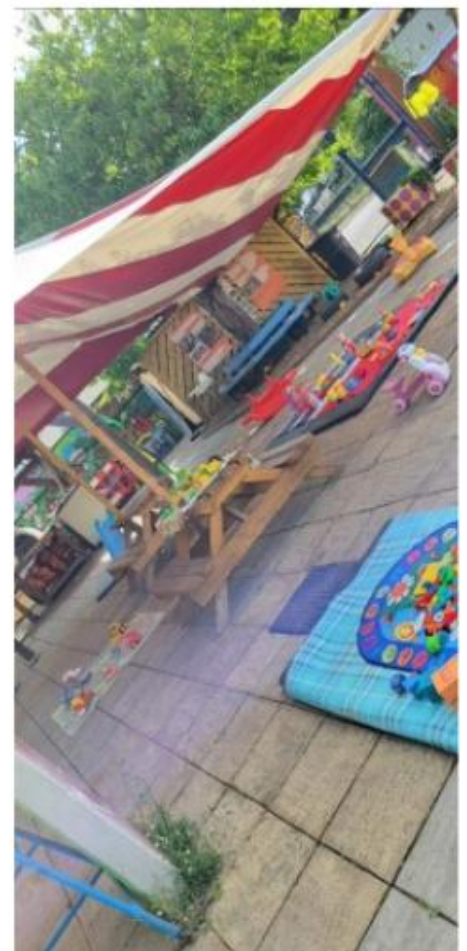
Funded by:



EASTSIDE STAY + PLAY

At Felix Road Adventure Playground

MONDAYS + WEDNESDAYS, 9.45AM TO 11.45AM



A group for babies, toddlers, parents and carers to play and relax with a cuppa
Mums-to-be are also welcome to join us

£2 PER SESSION

includes drinks + snacks



Contact jaiya@upourstreet.org.uk

eastsidecommunitytrust.org.uk

Summer Play Sessions

LPW

Wednesday's and
Friday's

24th July - 28th Aug
1:00pm - 5:00pm

Where?

Hillfields Park
Thicket Avenue
BS16 4EH

What?

Activities, games, sports

Free!

Ages: 5-14

Under 8s must be
supervised by an adult

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk



Summer Youth Session

LPW Level Up

Wednesdays
29th July - 26th Aug
1:00pm - 5:00pm

Where?

Frome Vale Youth
Club
Vassall Centre
Gill Ave, Bristol
BS16 2QQ

What?

Activities, games, hot
food, snacks

Free!

Ages: 11-15

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



Summer Youth Sessions



LPW

Friday's

1:00pm - 5:00pm

24th July - 28th Aug

Where?

The Swannery

Morley St, Barton Hill,

Bristol BS5 9NB

What?

Activities, games, hot
food, snacks

Free!

Ages: 11-16

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk



Summer Play Sessions

LPW

**Mondays and
Tuesdays**

**11:00am - 3:00pm
27th July - 25th Aug**

Where?

**Urban Park,
Barton Hill, Morley Street,
Bristol**

What?

Activities, play, sports,
Crafts, lunch, and snacks

Free!

Ages: 5 - 14

Under 8s must be
supervised by an adult

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk





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 two free weekly drop-ins One at Boing! Inns Court as part of our South Bristol Project for families living in BS4, BS13 and BS14. And one at Boing! Lawrence Weston for families living in BS10 and BS11. Join us on Tuesdays from 9am–11am for play, connection, and support from our trained Home-Start staff and volunteers. 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-bristol-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 2nd October every Friday for 5 weeks 9:30-2:30 at King George V Pavillion in Downend.

Because Childhood Can't Wait 

WEST

FREE bus travel for kids

That's summer sorted

18 July - 6 September

Find out more
travelwest.info

Terms and conditions apply.



Funded by
UK Government

WEST
OF ENGLAND

HELEN GODWIN
MAYOR OF THE
WEST OF ENGLAND

Antenatal and Wellbeing in Pregnancy Group



ANTENATAL SUPPORT

Are you currently pregnant and experiencing anxiety, depression, distress and/or isolation?

Come and join us, via Zoom, in a safe and welcoming space to access:

Antenatal, birth & postnatal information with a strong focus on mental health and emotional wellbeing
Ask questions and discuss topics without judgement
Connect with other women with similar experiences

For more information, please contact our
Helpline on: 0117 935 9366
or support@mothersformothers.co.uk

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



Managing Emotions Teens/Tweens

Mindfulness tools for calmer,
more connected parenting

Online Workshop

Wednesday 1st July 9:30 - 11am

and

Friday 10th July 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





Mindfulness enables you to develop inner strength in the face of stress, anxiety and illness. You then become able to pause, see the situation more clearly and choose to respond rather than continue in usual patterns of immediate and automatic reacting.

The Mindful Parenting & Community Project CIC (MPCP)

MPCP was established by a group of Bristol-based Mindfulness Practitioners to support positive mental health and wellbeing in the South West.

We focus our services on the more deprived areas of the South West to bring improved health and wellbeing to those that are more isolated or vulnerable within their community.

We can offer:

- Information workshops,
- Mindfulness Courses,
- Retreat Days.

Stressbusting For Parents

Our core Stressbusting Course is an evidenced-based mindfulness course that was developed by Professor Susan Bögels and Kathleen Restifo.

The aim of this course is to:

Look at how to manage the stress and frustration that comes from life as a parent. This course supports parents to notice stressful situations and learn mindfulness-based techniques to respond calmly to children.

When life gets tough, relationships with our children can be a source of additional worry and anxiety. We sometimes feel we do not have the resources or time to respond to them in the way that we would wish.

It is a 10-week course using the building blocks of mindfulness that includes both formal and informal practices, movement, communication and relationship-based practices.

This course is delivered face-to-face and online.

We have an adaptation of this course that is offered to parents of children with SEND and is typically delivered online for ease of access.

Stressbusting for Parents will support carers in their role as a parent.

It will help to:

- Feel more confident about being a parent.
- Manage the stress and frustration that affect us during difficult moments.
- Recognise and manage difficult / strong / uncomfortable emotions.
- Talk with, and listen to children.
- Strengthen the parent/child bond and improve communication.

We also offer a **shorter 6-week course** for parents with English as another language.

We are currently developing a **course for neurodivergent parents**.

We periodically offer **online 90-minute workshops** that explore different themes connected with looking after ourselves as a parent. These have a range of fee options to ensure access.

Please contact us if you would like to be involved, host workshops or courses or you have clients you would like us to invite.

To find out more about any of the above, please email: mpcp.bristol@gmail.com

www.mpcp.info

SEND TOGETHER

GLOBAL MAJORITY SEND PARENT MONTHLY MEETING

Come and join us for a FREE community drop-in for
Global Majority parent carers.

Come as you are and share experiences,
find support and connect with others who get it.
Refreshments and creche provided.
All welcome!

18th June
16th July
17th September
22nd October
19th November
17th December



10am-12pm
Junction 3 Library, Baptist Mills Court, BS5 0FJ



Book here! or use:
www.bristolparentcarers.org.uk/events/category/parent-to-parent/

إرسال المجتمع

انضموا إلينا في لقاء مجتمعي مجاني مفتوح لأولياء
أمر مقدمي الرعاية من الأغلبية العالمية.
تعال كما أنت وتشارك تجاربك، واحصل على الدعم
وتواصل مع الآخرين الذين يفهمون وضعك.
يتم توفير المرطبات وحضانة الأطفال.
الجميع مرحب بهم!

14 مايو
18 يونيو
16 يوليو
17 سبتمبر
22 أكتوبر
19 نوفمبر
17 ديسمبر



صباحًا 12 ظهرًا 10
مكتبة جنكشن 3، باپتيست ميلز كورت BS5 0FJ



احجز هنا! أو استخدم الرابط التالي:
[www.bristolparentcarers.org.uk
-events/category/parent-to
/parent](http://www.bristolparentcarers.org.uk-events/category/parent-to-parent)

সেন্ড কমিউনিটি

গ্লোবাল মেজরিটি-র অভিভাবক পরিচর্যাকারীদের জন্য
আয়োজিত এই বিনামূল্যে কমিউনিটি ড্রপ-ইন-এ এসে যোগ
দিন।

আপনি যেমন আছেন তেমনই আসুন এবং অভিজ্ঞতা
বিনিময় করুন, সমর্থন খুঁজুন ও এমন মানুষদের সাথে
সংযোগ স্থাপন করুন যারা বিষয়টি বোঝেন।
জলখাবার ও শিশুযত্ন কেন্দ্রের ব্যবস্থা আছে।
সবাইকে স্বাগতম!

১৪ই মে
১৮ই জুন
১৬ই জুলাই
১৭ই সেপ্টেম্বর
২২ই অক্টোবর
১৯ই নভেম্বর
১৭ই ডিসেম্বর



সকাল ১০টা-দুপুর ১২টা
জাংশন ৩ লাইব্রেরি, ব্যাপ্টিস্ট মিলস কোর্ট, BS5 0FJ



এখানে বুক করুন! অথবা ব্যবহার
করুন:

[www.bristolparentcarers.org.
uk/events/category/parent-
to-parent/](http://www.bristolparentcarers.org.uk/events/category/parent-to-parent/)



DIR BULSHADA

Kaalay oo nagu soo biir si aad u hesho booqasho
BILAASH ah oo loogu talagalay daryeelayaasha
waalidiinta ee Global Majority.

Kaalay sidaad tahay oo la wadaag khibradaha, hel
taageero oo la xiriir kuwa kale ee hela.

Cunto fudud iyo meel lagu nasto ayaa la bixiyaa.
Dhammaantiin waan soo dhaweynayaa!

14 May

18 June

16 July

17 September

22 October

19 November

17 December



10 subaxnimo ñ 12 duhurnimo

Maktabadda Junction 3, Baptist Mills Court,
BS5 0FJ



Ka ballanso halkan! ama
isticmaal:

[www.bristolparentcarers.org.uk/ev
ents/category/parent-to-parent/](http://www.bristolparentcarers.org.uk/events/category/parent-to-parent/)

Do you know someone who struggles to read?

**ReadEasy provides free and confidential
one-to-one reading coaching for adults**

Email

bristolnetworker@readeasy.org.uk

or call **07554 117 763**

to find out more!

1 IN 14 ADULTS CAN'T READ THIS MESSAGE

We are looking for volunteers to help ensure
every adult gains the reading skills needed to
live life to the full

Email

bristolrecruiter@readeasy.org.uk

for more information about a large
variety of volunteering opportunities!

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:

Phone number - 0117 992 6009

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

SEND And You will remain open over the school summer holidays 2026

What to expect from SEND And You

We are a Special Educational Needs and Disabilities Advice Service (SENDIASS).

We help parents and carers understand what help their children can get in education, health and social care.

We can speak to young people and children about what help they need.

We also work with professionals who can help you access our service.

Our service can only help you if you live in Bristol, North Somerset or South Gloucestershire.

- **Our service is free. You do not have to pay!**
- **We treat everyone fairly and do not take sides.**
- **We will not share your personal information with anyone unless you tell us we can.**
- **We are a charity and are separate from the Local Authority.**

You might want to talk to us if:

You want information about special educational needs.

You want help to prepare for a meeting with school or a professional.

You would like help understanding paperwork about special educational needs.

You have your own needs and need some help with your child's education.



HAF SUMMER SESSIONS

Week 1

23rd, 24th July

Week 2

27th, 28th, 29th, 30th, 31st July

Week 3

3rd, 4th, 5th, 6th, 7th August

Week 4

10th, 11th, 12th, 13th, 14th August

Week 5

17th, 18th, 19th, 20th, 21st August

Week 6

24th, 25th, 26th, 27th, 28th August

Get Creative

With Travelling Light Theatre Company

Join us to create a story

4 days of drama, craft, games, play, storytelling and a small show for family and friends at the end of the week!

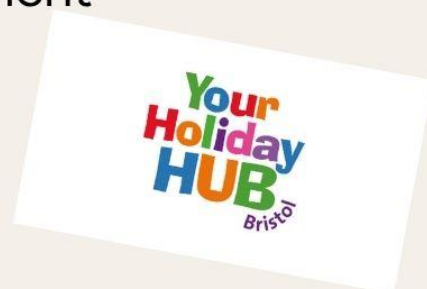
Monday 3rd August - Thursday 6th August

(4 day programme - sign up for all 4 days)

10am - 3pm, lunch included each day

Travelling Light Studio, Wellspring Settlement

For children aged 5 - 11 years



For children who receive benefit related Free School Meals.

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

Booking essential, please scan QR code to book.
WhatsApp or text Lou 07305 008789
with 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:



BD17194

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](#)

The new sexual health service in Bristol, North Somerset and South Gloucestershire (BNSSG)

Signposting information for professionals supporting adults and young people in BNSSG

Yuno BNSSG Targeted Small Group RSE sessions

Criteria

- Live or be in education in Bristol, North Somerset or South Gloucestershire
- Be 13 – 19 years of age
Or 20 – 24 years of age if they have a learning disability or additional needs that means they are subject to safeguarding procedures
- They are not involved in an active police investigation, either as a victim or perpetrator
- They are at risk of harm or danger related to sex or relationships (whether online or in the community)
Or
- They display an unhealthy attitude towards relationships or sexual health
Or
- Have additional SEND or SEMH needs that they would benefit from additional targeted RSE support

How will it work?

- Up to 10 young people of a similar age, e.g. 13-15, 16-18, 18-24
- All young people must be able to work well together in the group
- 3-5 sessions, 1 per week/fortnight at the same time each week
- Choose the topic/s (see below)
- A room will need to be available for each session, with young people ready to start on time
- A staff member from your location must be present at each session, to deal with any behaviour issues or any safeguarding disclosures that may arise
- We will be following your safeguarding policy
- Missed sessions can only be made up if the Brook specialist has to cancel for any reason. If a young person is absent from school/college, they will miss that session
- For any young people with additional learning needs, we will need to have a conversation in advance about any accommodations that are needed, and/or if this young person needs an additional staff member to support them

How do I book?

- Email yuno@brook.org.uk
- Please note, there is a waiting list for this service

Overview of BNSSG Yuno and Brook Education Services

All of the services below are for those working with young people in BNSSG only, and are delivered free of charge.

Assemblies:

A 15-30 minute assembly to year groups 9-13 to advertise the Yuno sexual health service, discuss the condom distribution scheme (CDS) and provide general sexual health information and advice. (Can be followed up with health promotion work and/or condom distribution, either straight after the assembly or at a later date.)

Outreach and health promotion:

Health promotion stalls/small group work/drop ins with young people to signpost to the local sexual health services. We can offer advice and information, and give out condoms if required.

My Life 1-1s:

Targeted RSE/educational My Life 1-1 sessions for young people aged 13-24, living or educated in BNSSG. Please visit the link for the detailed referral criteria and the referral form

<https://forms.office.com/e/VnibRrGkaJ> Please note, there is a waiting list for this service.

Targeted RSE Group sessions:

Targeted RSE/PSHE group education programmes of 3-5 weeks for groups of vulnerable and at risk young people. A range of topics available. Please see separate document outlining criteria and topics. Book by emailing yuno@brook.org.uk Please note, there is a waiting list for this service.

Professionals' Training:

Training for professionals working in the wider community:

- Sexual Health in Community (SHIC)
- LGBT+ Inclusivity
- HIV Awareness
- Consent and managing disclosures
- Understanding masculinity and tackling misogyny

Training for professionals working with young people in education settings:

- Supporting and including young people with SEND in RSE
- RSE delivery in practice
- Understanding masculinity and tackling misogyny in RSE
- Teaching consent and managing disclosures of sexual abuse

1-hour webinars for all professionals working with young people:

- Pornography
- Youth Produced Sexual Imagery
- Consent
- Misogyny

Condom distribution scheme (CDS) training:

The CDS for Bristol, North Somerset and South Gloucestershire makes condoms more accessible to young people aged 13-24. Training provided for outlets, with all resources provided. The Yuno at Brook team can also promote and deliver condoms directly to young people.

To book a free place on the professional trainings, including CDS training, please visit: [Yuno Professional Training 2026/27](#)

For more information on all BNSSG Yuno Sexual Health services, please visit:

www.yunosexualhealth.co.uk

For more information on what services Brook clinic provides, please visit:

<https://www.brook.org.uk/regions/yuno-at-brook/>

If you have any questions regarding any of our above offer, please email yuno@brook.org.uk