





Families in Focus Bulletin 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 South based 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.





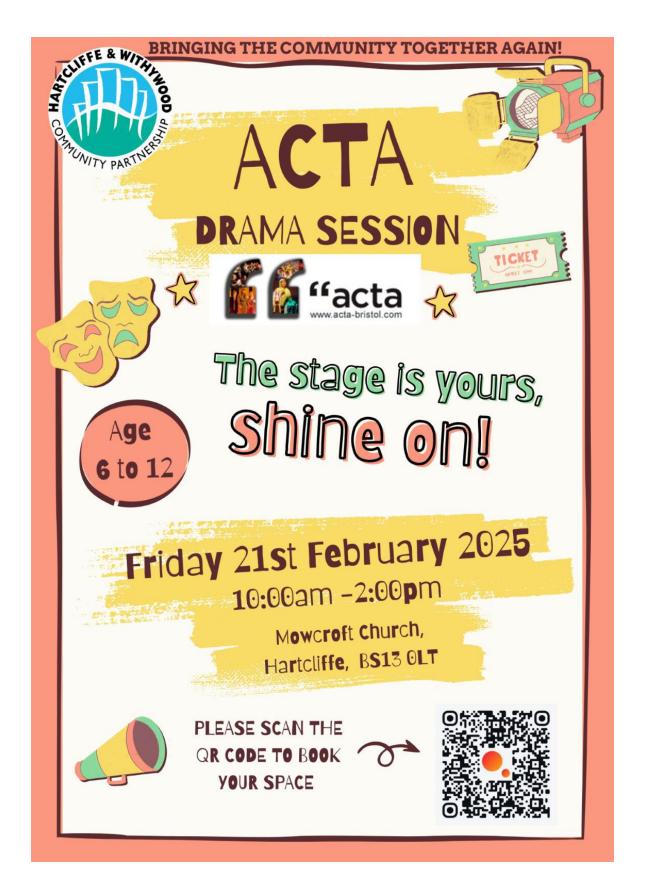


Contents

Activities for Young People & Families	3
HWCP - Half-term community sports	4
HWCP - Half-term Acta drama session	5
HWCP - Term time activities in Term 4	6
LPW - Play sessions in Bedminster Down	7
LPW - Play sessions in Withywood	8
LPW - Winter play sessions @ Filwood Park	9
LPW - Winter play sessions @ The Big Hideout	10
LPW - Winter Youth sessions in Knowle	11
LPW - Youth sessions in Hengrove	12
LPW - Play sessions in Brislington	13
Redcatch Community Garden - February half-term activities	14
Knowle West Media Centre - February half-term 'Radical Creators' music programme	15
St Annes House - Half-term free family meal	16
St Annes House - Activities in BS4 area	17
Grassroot Communities - Multi sports sessions in Hartcliffe	18
Grassroot Communities - Multi sports sessions in Knowle	20
Bristol Libraries - Family Activities in Hartcliffe, Whitchurch and Stockwood	22
Services and opportunities for Parents/Carers	23
Bristol Family Hubs - Free Bristol Parenting Groups	24
Community Learning - Free Fast Track maths course	25
WorkWell West - Support for people with health conditions to work	26
SEND and You - SENDIAS Drop in sessions in BS13	28
Bristol Parent Carer Forum - Drop-in sessions in Knowle	30
Bristol Parent Carer Forum - SEND Conference March 2025	31
Changes Bristol - Peer support groups	32
Breathworks - Mindfulness for Stress group course	34
Mindful Parenting & Community Project - Online workshops for managing emotions	35
Bristol Fair Renting Campaign - Campaign, Stay & Play	36
Services and opportunities for young people	38
Step Together Volunteering - Get Growing Allotment Project	39

Activities for Young People & Families





HWCP - Term time activities in Term 4



					Term 4
Location	Monday	Tuesday	Wednesday	Thursday	Friday
HWCP Community Room Symes Resource Centre Hartcliffe, BS13 0BE		Board Games Age 8+ 3:30pm - 5:00pm	Family Creative Time for families 3:30pm - 5:00pm		Cup & Bowl for families 3:30pm - 5:00pm
Hartcliffe Club for Young People (HCYP) Gatehouse Ave BS13 9AE	Youth Club Age 8 to 12 5:30pm - 7:30pm	Club Adapt (Special educational needs) Age 8+ 6:00pm - 8:00pm		Youth Club Age 12+ 6:30pm - 8:30pm	Inters Club Year 7 & 8 only 6:00pm - 8:00pm
Hareclive School Moxham Drive BS13 OHP		Community Football Ages 8 to 16 4:30pm - 5:30pm			Robins Junior Football Age 6 to 12 4:30pm - 5:30pm
Merchants Academy Hareclive Road BS13 9JW	Robins Girts Football Foundation Age 6 to 16 4:00pm - 6:00pm S.A.F.E Age 13-17 4:00pm - 5:00pm		Wicketz Cricket Age 8 to 12 4:30pm - 5:30pm	Community Sports Age 8 to 12 3:30pm - 5:00pm	
Bridge Learning Campus William Jessop Way BS13 ORL			Robins Disability Football Age 8 to 18 5:00pm - 6:30pm		Robins Senior Football Age 12 to 16 6:00pm - 7:00pm 8 Age 16 to 18 7:00pm - 8:00pm
The Big Hideout Teyfant Road BS13 ORF			The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Under 8's welcome but must be accomparied by an adult 3:00pm - 5:00pm
The Gatehouse Centre Gatehouse Ave BS13 9JN		Young Careers Group Age 11 to 18 5:30pm - 7:30pm Every other week from 22/10/24			
FixX Bike The Grove BS13 OAF	Bike Workshop Age 11 to 25 11:00am - 5:00pm To book email: info@footbikes.com	Bike Workshop Age 11 to 25 11:00am -5:00pm To book email: info@fixxbikes.com			
Sartan Club Queens Road BS13 8LF			Sartan Boxing Age 8 to 15 6:00pm - 7:00pm		Sartan Boxing Age 8 to 15 6:00pm - 7:00pm

LPW - Play sessions in Bedminster Down



Tuesday 18th February

12:30-2:30pm

Where

Kings Head Lane Park Bedminster Down BS13 7DA

What?

Sports and games Nature activities Food included

Free to all! Age 8+

For more information contact Carly on 07442843856







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



Every Tuesday 3-5pm

Where

Withywood Park, Bristol BS13 8PL

What?

Arts and crafts Sport and games Snacks included

Free to all!

All ages welcome, under 7s must be accompanied by an adult

For more information contact Carly on 07442843856



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





Every Thursday 3:30-5:30

Where?

Filwood Park, BS4 1FL

What?

Arts and crafts Sports and games Snacks included

Free to all!

All ages welcome, under 8s must be accompanied by an adult



For more information contact Carly on 07442843856



Every Wednesday, Thursday, Friday 3-5pm

Where?

The Big Hideout, Teyfant Road, BS13 ORF

What?

Arts and crafts Sports activities & games Snacks provided

Free to all!

For more information contact Carly on 07442843856



E: enquiries@lpw.org.uk

T: 0117 987 3700 W: lpw.org.uk



Every Friday

3:30-5:30pm

Where?

Located in Knowle

Free to all!

All ages welcome

For more information contact Molly on 07392481445 or Heidi on 07723104344

Delivered in partnership with





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



Every
Friday
5pm-7pm

Where?

Located around the Hengrove area

All ages welcome

Free to all!

For more information contact Roberta on 07717816862

Contact details

E: enquiries@lpw.org.uk

T: 0117 987 3700

W: lpw.org.uk



LPW - Play sessions in Brislington



Every Thursday 11am-2pm

Where?

Victory Park Brislington

What?

Arts and crafts Nature activities Sports and games









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

Redcatch Community Garden Half-Term Holiday Timetable

More information & booking via QR code (unless stated otherwise)



Monday 17th February	Theatre in the Garden Play in the day for kids aged 5-10
9.00 - 4.00	£39.50 - www.trybooking.com/uk/events/landing/73412?
Tuesday I8th February 2.30-3.45	Disney Princesses Join Magical Moon entertainment for a fun afternoon and enjoy enchanted dance performances, games, bubbles & lots of fun! £7 per child
Tuesday I8th February I2.30-2 & 2.30-4	Nature Sprouts - Forest School Nature Based crafts & games £15 per child - aimed for 8-12 year olds
Wednesday 19th February 10.00-11.00	Happymess Messy play and a different art or craft activity each week £4 per child, £3 per sibling
Wednesday 19th February 12.30-1.45 & 2.45-4	George's Heart thumping science Step into wonderful world of experimentation £6 per ticket
Thursday 20th February 10.30-12.00	Nature Sprouts Clay creations & bird feeders £6 per child
Friday 21st February 10.30-12.00	Garden Cooks Use what is growing in the Garden to inspire you to decorate a biscuit and put your artistic skills to the test to create some beautiful bread designs. £12 per child

Roots & Garden open every day from 9:30am-4:00pm



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD

Knowle West Media Centre - February half-term 'Radical Creators' music programme



Free February Half Term Meals



St Annes House - Activities in BS4 area

Activities at St Anne's House, BS4 4AB

4 0'clock Club









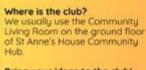


DATES FOR 2025

Every other Thursday 4pm-5.30pm:

30 January 13 February 27 February 13 March 10 April 24 April 8 May 22 May 22 May 5 June 19 June 3 July 17 July

16 January



Bring your ideas to the club! As a community-led club, we really welcome any crafty activities or fun games to play with the kids!













Creative Open Access Sessions 13+ - Weekly Tuesday Sessions

You are invited to come along to free open access sessions from 5pm – 7pm, in and around St Anne's House.

The sessions are for 13+ year olds, who live in or around Brislington and want to hang out, cook some food, meet new people, relax and get involved in creative activities.

Fill in our form here to be personally contacted about the sessions, or fill the form in on arrival.

Or email / WhatsApp Holly on: holly@bricksbristol.org - 07718106953



DEAR PARENTS & CARERS.

GRASSROOT COMMUNITIES ARE OFFERING A FREE MULTISPORTS ACTIVITY CLUB AT MERCHANT/VENTURERS
ACADEMY SPORTS HALL FOR YOUNG PEOPLE WHO LIVE
LOCALLY DURING TERM TIMES

THURSDAYS 3.30PM - 4.30PM
SCHOOL YEARS 7 & 8'S
WEAR SUITABLE CLOTHING AND FOOTWEAR

LED BY EXPERIENCED YOUTH WORKERS & SUPPORTED BY
LOCAL YOUNG LEADERS, SESSIONS WILL FOCUS ON
INCLUDING ALL LEVELS AND ABILITIES, INTRODUCING
CHILDREN TO DIFFERENT FUN-BASED ACTIVITIES,
IMPROVING FITNESS & HEALTH, DEVELOPING TEAMWORK,
AND ENCOURAGING FRIENDSHIPS

ALL YOUNG PEOPLE WILL NEED THEIR ADULT TO COMPLETE A REGISTRATION FORM AT THEIR FIRST SESSION OR ONLINE.

ANY QUESTIONS PLEASE CONTACT:

GC DELIVERY LEAD WORKER – LAURA PARKER
LAURA.PARKER@GRASSROOTCOMMUNITIES.ORG

07376 590832



DEAR PARENTS & CARERS,

GRASSROOT COMMUNITIES ARE OFFERING A FREE MULTI-SPORTS ACTIVITY CLUB AT FILWOOD BROADWAY SPORTS COURTS IN KNOWLE WEST FOR YOUNG PEOPLE WHO LIVE LOCALLY

TUESSDAYS 6PM - 8PM
YOUNG PEOPLE WELCOME FROM 8-19 YEARS OLD
WEAR SUITABLE CLOTHING AND FOOTWEAR

LED BY EXPERIENCED YOUTH WORKERS & SUPPORTED BY
LOCAL YOUNG LEADERS, SESSIONS WILL FOCUS ON
INCLUDING ALL LEVELS AND ABILITIES, INTRODUCING
CHILDREN TO DIFFERENT FUN-BASED ACTIVITIES,
IMPROVING FITNESS & HEALTH, DEVELOPING TEAMWORK,
AND ENCOURAGING FRIENDSHIPS

ALL YOUNG PEOPLE CAN DROP IN AND GET INVOLVED AS THEY WISH AS CURRENTLY THIS SESSION IS AN EXTENSION OF OUR DETACHED YOUTH WORK SESSION.

ANY QUESTIONS PLEASE CONTACT:

GC DELIVERY LEAD WORKER – LAURA PARKER

LAURA.PARKER@GRASSROOTCOMMUNITIES.ORG

07376 590832

Bristol Libraries - Family Activities in Hartcliffe, Whitchurch and Stockwood



WHAT'S ON FOR FAMILIES

Family activities at libraries in South Bristol All activities are FREE No need to book



Baby Bounce and Rhyme

Nursery rhymes and actions. For children aged 0-3 accompanied by parents/carers. 30 minutes. Term time only.

Hartcliffe Library - Mondays 2.15-2.45pm Whitchurch Library - Wednesdays 2.15-2.45pm Stockwood Library - Fridays 10.30-11am



Crafternoon

Free craft activities for primary school aged children accompanied by parents/carers. Drop-in all afternoon.

Hartcliffe Library - Thursdays 1-5pm Whitchurch Library - Fridays 1-5pm Stockwood Library - Mondays 1-5pm



Duplo Day

For children aged 3-6 accompanied by parents/carers. Stay and play with Duplo and see what you can build.

Hartcliffe Library - Fridays 1-4pm

Hartcliffe Library, @Symes, Peterson Avenue, BS13 OBE Whitchurch Library, Oatlands Avenue, BS14 OSX Stockwood Library, Stockwood Road, BS14 8PL



Services and opportunities for Parents/Carers



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



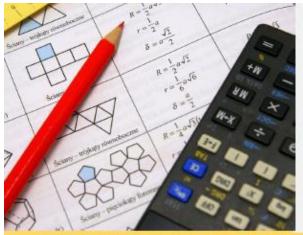








Community Learning - Free Fast Track maths course





FAST TRACK MATHS FREE Blended Learning Course

Our FREE course aims to support you in developing numeracy confidence and skills. If you are looking to achieve a Nationally recognised Functional Skills Maths qualification, this course will support you to prepare and become exam ready.

The course will run twice weekly for 7 weeks. Starting session: Tuesday 4th February 2025 - face to face classroom sessions will be held at: Stoke Lodge Centre, Shirehampton Road, Stoke Bishop BS9 1BN. Second session: Online class: Thursday 6th February 2025 Session times: 5.00 - 7.30pm

If you would like more details, or to book a place on the course, please: Contact: Lorraine Vasili

Phone: 077 2170 2872 Email: Lorraine. Vasili@bristol.gov.uk

Eligibility: Our learning environments are supportive and welcoming for adults 19+ without GCSE Grade C or level 2 Functional skills in Maths



communitylearningwest.net multiply@bristol.gov.uk 01172 510230

The Multiply programme is funded and managed by the West of England Combined authority, led by Metro Mayor Dan Norris and delivered by Bristol City Council.



Are problems with your health affecting work?



WorkWell West offers a helping hand by putting you in touch with local services. Our friendly work coaches give free personalised support, advice and guidance at a pace you're comfortable with.

If you are over 16 and live in Bristol, South Gloucestershire or North Somerset and you have a health issue that affects your ability to work, get in touch and let us help.

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



WorkWell West working in partnership with:















BD17130



SEND and You Drop in Sessions @Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE

Get support with paperwork, preparing for meetings, understanding SEN support in school, accessing the help you need, signposting to useful services ... and lots more!

This is a FREE event- no need to book just turn up.

2025 Term 1 dates:

Thursday 9 January 12.30-2pm

Thursday 6 February 12.30-2pm

Thursday 13 March 12.30-2pm

www.sendandyou.org.uk



SEND and You Drop in Sessions @Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE

Get support with paperwork, preparing for meetings, understanding SEN support in school, accessing the help you need, signposting to useful services ... and lots more!

This is a FREE event- no need to book just turn up.

2025 Term 2 dates:

Thursday 3rd April 12.30-2pm

Thursday 15th May 12.30-2pm

Thursday 5th June 12.30-2pm

www.sendandyou.org.uk

Bristol Parent Carer Forum - Drop-in sessions in Knowle



Next Dates 13th February & 6 March 2025. Please follow link for latest information and booking

Join Bristol Parent Carer and SEND and You SEND Drop in for Parents and Carers

Book your place to speak with a qualified SEND Advisor. This is a free, impartial and confidential service.

https://www.eventbrite.co.uk/e/coffee-morning-with-send-and-you-south-bristol-tickets-661335009817?aff=odcleoeventsincollection

Get help with paperwork, preparing for meetings, understanding SEN support in school, accessing the help you need and signposting to support services.



Changes Bristol - Peer support groups



South Bristol Peer Support Groups



Mondays

Ashton Vale - 1 - 3pm
Ashton Vale Community Centre, BS3 2QY

Wednesdays

Knowle - 1:30 - 3:30pm Redcatch Community Centre, BS4 2EP

Bedminster - 7 - 9pm ACTA Community Theatre, Gladstone St, BS3 3AY

Thursdays

Brislington - 1- 3pm St Cuthbert's Church, BS4 3PG



Providing free, safe and nonjudgemental peer support to discuss wellbeing with others within your community.

www.changesbristol.org.uk 01179411123





Mindfulness for Stress

4-Session Group Course

@Bedminster Community Hub 47-49 East St, BS3 4HB

Sundays 16th Feb, 2nd, 16th & 30th Mar 2025 12:30-4:30pm

Learn everyday skills to reduce stress and enhance your life

Free, or pay-what-you-can!

Booking link:

https://www.eventbrite.co.uk/e/1206767 547219?aff=oddtdtcreator

For a free place, email Liz & Lauren brain.soothe.bristol@gmail.com



Mindful Parenting & Community Project - Online workshops for managing emotions

Workshops to Manage BIG Emotions in the Family

This series of Mindful, Kindful Workshops support parents with practical techniques that help navigate family challenges.

Run by the Mindful Parenting and Community Project



As parents we live busy and stressful lives with many things on the go. We are often managing other stressors such as budgeting, neurodivergence and long "to do" lists. It's no wonder that we sometimes struggle or feel burnt out.

Mindfulness has been proven as supportive and beneficial in managing stress. It can build our emotional resilience, help us be more present with our children and support us to maintain healthy habits and relationships.

These online workshops support parents with family issues such as managing big emotions, slowing down and being more present with our children and how to manage conflict within the family.

The Mindful Parenting and Community Project has been supporting parents for 10 years. We are parents ourselves and so have a lived experience of these challenges.

For more info: www.mpcp.info mpcp.bristol@gmail.com 07949399633 Book a place here:





Booking Details:

These Online Workshops run from 10.00 -12 noon via Zoom

Managing BIG EmotionsToddlers to 10's Monday 27th, January 2025

Managing BIG Emotions Tweens and Teens Friday 28th February 2025

Managing Conflict within the Family Monday 24th March 2025

Less Rushing and More Presence Friday 25th April 2025

> Cost: Unwaged - Free Low Waged - By donation Waged - £20

https://www.eventbrite.co.uk/e/workshor s-to-manage-big emotions in the family online-tickets-1101157735429?

Bristol Fair Renting Campaign - Campaign, Stay & Play



A stay and play with a twist!

Concerned about rent and housing costs? Ever been affected by the housing crisis? Don't know what your rights are as a renter? Got ideas? Find it hard to get your voice heard with the kids around?

We know that it can be hard – almost impossible - for carers, guardians and parents of young children to find the time and opportunity to get our voices heard and ask for the changes in our community that impact us the most.

We're the Bristol Fair Renting Campaign – a local, renter-led group that are taking action to fight for a fair renting system together as a community. We have set up a Campaign, Stay & Play to create a space for parents, carers and guardians to be part of community action.

Sessions are from 10.30am-12.00pm on the third Wednesday of every month at The Spark Space on Church Road in Redfield.

Please sign up for sessions here: <u>Bristol Fair Renting Campaign Events - 4 Upcoming Activities and Tickets | Eventbrite.</u>

Come along to:

Learn about your renting rights

- Share your ideas and thoughts on renting in Bristol
- Find out about the Bristol Fair Renting campaign and how you can get involved
 - Have a cup of tea or coffee and let the children play

If anyone is interested in helping to run the sessions, or can't make it but would like some support in setting up something similar at a time that suits you, please text Daisy on 07443 559 912, or email bristolfairrentingcampaign@gmail.com.

Here's what the stay & place looks like, so you know what to expect:

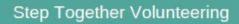


We hope to see you there!

Bristol Fair Renting Campaign



Services and opportunities for young people



"GET GROWING!" ALLOTMENT PROJECT FOR YOUNG PEOPLE AGED 16-25



If you are not currently in education, employment or training, our allotment project might just be the ticket to helping you find your place. At Step Together Volunteering we believe that everyone has something special to offer.

We can help you find your passion, improve your confidence and skills, and build a brighter future.

You decide what you get involved in - growing and harvesting vegetables, cooking, woodwork and recycling projects, or a bit of creative artwork? There's also the opportunity to complete a nationally recognised short course in volunteering to help improve your job prospects.

Rest assured, you will have some fun!

"It's a relaxed
environment with lovely and
understanding people... I like knowing
that if I'm not having such a great day, I can
still get down to the allotment with the
understanding that I may have to
take things easier."

Where: Bishopsworth, Bristol

When: Tues 1:30-4pm Thurs 11am-1pm

For more information contact: Mel Head, Project Manager & Allotment Lead

07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk





