



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.



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Activities for Young People & Families



A vibrant blue poster for a Sports Day event. At the top left is a circular logo for 'HARTCLIFFE & WIMBORNE COMMUNITY PARTNERSHIP' featuring a stylized bridge. To its right, the text 'BRINGING THE COMMUNITY TOGETHER AGAIN!' is written in white. The main title 'SPORTS DAY' is in large, bold, yellow letters. Below this, the venue 'MERCHANTS' ACADEMY SPORT CENTRE' and address 'MOLESWORTH DRIVE, BS13 9BJ' are listed in white. The date 'TUESDAY 8TH APRIL 2025' and time '10:00AM - 2:00PM' are in yellow, followed by 'AGES 8 - 12' in yellow. A central logo for 'Your Holiday HUB Bristol' is surrounded by illustrations of sports equipment: a soccer ball, a tennis ball, a badminton shuttlecock, a basketball, a football, a tennis racket, and a tennis ball. To the right, the text 'PLEASE SCAN THE QR CODE TO BOOK YOUR SPACE' is accompanied by a white arrow pointing down to a QR code.

BRINGING THE COMMUNITY TOGETHER AGAIN!

SPORTS DAY

**MERCHANTS' ACADEMY
SPORT CENTRE
MOLESWORTH DRIVE,
BS13 9BJ**

**TUESDAY 8TH APRIL 2025
10:00AM - 2:00PM
AGES 8 - 12**

**Your
Holiday
HUB
Bristol**

PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE



Your Holiday Hub & HWCP - Family pizza making 9th April

BRINGING THE COMMUNITY TOGETHER AGAIN!



Family

PIZZA MAKING

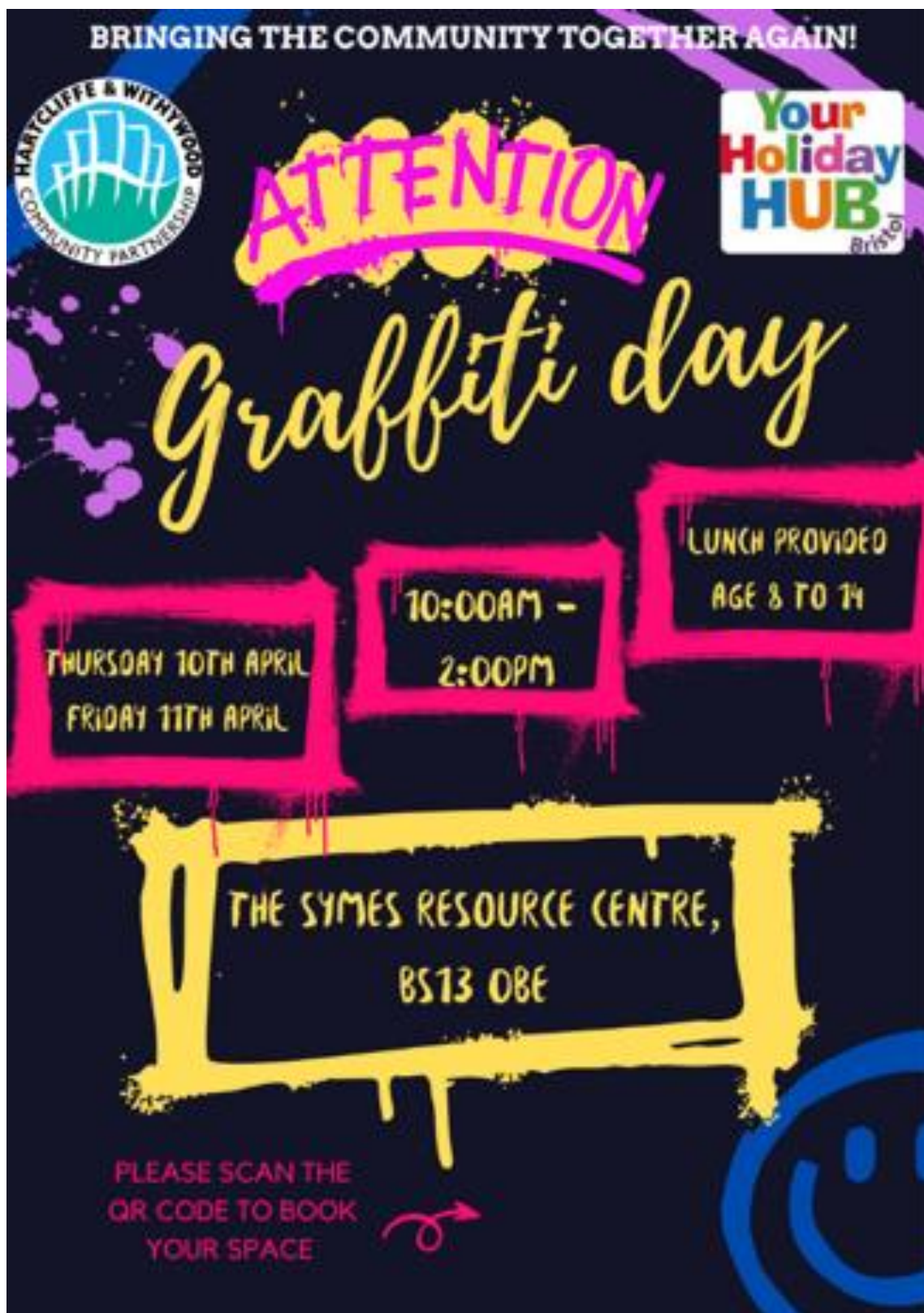


WEDNESDAY 9TH APRIL 2025
10:00AM – 2:00PM
THE SYMES RESOURCE CENTRE,
BS13 0BE

PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE



Your Holiday Hub & HWCP - Graffiti day 10th & 11th April



Your Holiday Hub & HWCP - Easter crafts 15th April

BRINGING THE COMMUNITY TOGETHER AGAIN!



Easter CRAFTS

**TUESDAY 15TH APRIL 2025
10:00AM – 2:00PM
THE SYMES RESOURCE CENTRE,
BS13 0BE**

**AGES
8 – 12**

★ PLEASE SCAN THE QR CODE
TO BOOK YOUR SPACE



Your Holiday Hub & HWCP - Family Easter Egg Hunt 16th April



BRINGING THE COMMUNITY TOGETHER AGAIN!



BOXFIT AND TRAINING

TUESDAY 17TH APRIL

SARTAN CLUB, BS13 8LF

10:00AM - 1:00PM

AGE 12 TO 16

PLEASE SCAN THE
QR CODE TO BOOK
YOUR SPACE



Your Holiday HUB Bristol

Hundreds of holiday
activities available
in Bristol



Do you know about Your Holiday Hub?

If your child receives benefits related free school meals, they can join in with lots of fully-funded activities taking place during the school holidays!



What's included?

- A meal with every session
- Activities from sports, crafts, drama, gardening and much more!

It's a great way to stay active, meet friends, have fun and learn new things.

To book, visit:

www.yourholidayhubbristol.co.uk or contact your school.

Any questions? Email: **haf@bristol.gov.uk**



Your
Holiday
HUB
Bristol

Department
for Education



BAND
Bristol Area Neighbourhood
Development



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

A poster for a Forest School and Outdoor Cooking event. The background is a close-up of a campfire with bright orange and yellow flames. The text is overlaid on the image. At the top, 'FOREST SCHOOL AND OUTDOOR COOKING' is in large, bold, green letters with black outlines. Below that, 'EASTER HOLIDAYS' is in bold, yellow letters with black outlines. On the right, a yellow cloud-shaped box contains a list of activities. On the left, a green starburst shape contains the age range. At the bottom, there are logos for 'NATURAL NETWORKS' and 'Your Holiday HUB Bristol', and a contact email in a brown box.

FOREST SCHOOL AND OUTDOOR COOKING

EASTER HOLIDAYS

- **CAMPFIRE**
- **GROUP GAMES**
- **ROPE SWINGS**
- **CLIMBING NETS**
- **DEN BUILDING**
- **WHITTILING**
- **FORAGING**
- **AND MORE,,,**

**8-15
year olds**

HEART OF BS13 CLIMATE ACTION HUB

**NATURAL
NETWORKS**

info@natural-
networks.co.uk

**Your
Holiday
HUB**
Bristol

FOR FURTHER DETAILS AND TO BOOK A PLACE:

<https://eequ.org/book/forest-school-and-outdoor-cooking-with-natural-networks-community-interest-company-14026>



FREE

EASTER HOLIDAY CREATIVE WORKSHOPS

FOR 8-16 YEAR OLDS

AT HEART OF BS13'S CLIMATE ACTION HUB

11AM - 2PM

15 & 17 APRIL - TRASH MONSTER BUILDING & NATURE PLAY

16 APRIL - CREATIVE PRINTING & NATURE PLAY

Open to 8-16 year olds who receive free school meals.

**To book your space, scan QR code
or visit www.heartofbs13.org.uk/whats-on/**





Children's Spring Holiday Sessions

at Hartcliffe City Farm

Come for lunch at 12, then some fun activities and feeding the farm animals from 2!

Thursdays
10th and 17th
April 12-4pm

Open to families, activities suitable for age 6 and over

All free!

Hartcliffe City Farm,
Lampton Ave,
Bristol, BS13 0QH

   Department for Education

Priority places for free school meals children so contact nicky.orr@windmillhillcityfarm.org.uk to book a place - drop in open for remaining places.

Hartcliffe City Farm - Weekly family supper club



We'd like to invite you to our
Supper Club



Come with your children after school and stay for a warm welcome, a shared family meal and a kids' activity

Every Thursday from , 3.30-5.30pm

Hartcliffe City Farm, Lampton Ave, BS13 0QH

Price: Free!

For more info or to book in, get in touch on:
07783454551 or nicky.orr@windmillhillcityfarm.org.uk

Bricks Bristol - Make, Build, Create holiday club



ST ANNE'S YOUNG PEOPLE

Do you want a regular comfortable place to hang out, eat and relax with your mates?

Ages 13+

An inclusive space for you - young people living in St Anne's!

This group is by young people, for young people-with the support of a team of creative youth workers from Bricks and Creative Youth Network

Do you want to explore creative and fun projects?

When?
Every Tuesday evening, 5-7pm.

Where?
Our base location is St Anne's House, but we're not limited to just one spot!

We venture to different locations across St Anne's, so you can get to know us in different areas in your community.

How to sign up?

You can email: holly@bricksbristol.org
Call: 07718106953
Or visit:
stanneshouse.org/whats-here/youth






Scan & Find
Out More



*Services and
opportunities
for
Parents/Carers*

South Bristol Children's Centres - Timetable of groups

Stay & Play Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week. Learn more about other services available to you from staff. Suitable for children aged 0-5 years.		Baby Hub A chance to see the Health Visitor for advice and scales will be available for you to use. Also breastfeeding support and the Children's Centre team are on hand to share information. Suitable for parents/carers of children under 0-5 years.		<div><h2>South Bristol Children's Centre</h2><h3>January 2025</h3><p>Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.</p><p>To access our free services just pop in and see us, give us a call, send an email or check out our Facebook pages or website. No booking required unless stated.</p><p>Facebook: southbristolchildrenscentrehub Email: sbcc@bristol.gov.uk Website: www.southbristolcc.org.uk</p><p>To register interest in any of our parenting groups please visit this link https://forms.gle/tTWypDqXzL9PoQ3j6</p><div><div><div>Facebook..</div></div><div><div>Website..</div></div></div><div></div></div>		
Boogie Gym Come and join us for our fun movement session at Hengrove Leisure Centre. Together join in with fun physical activities including dance, parachute games and a children's gym circuit. Physical activity is one of the best ways to improve health and wellbeing. Come along and find out more. Age 0-5years.		Baby Peep Peep groups include welcome songs, books/stories and ideas for you to play together at home. At PEEP groups we focus on a different topic every week, such as how babies learn to talk and what you can do to support them. Age 0-12 Months.				
Nature Play Join us to explore Hartcliffe City Farm. Enjoy nature-based activities. Pull on your wellies and old clothes as we will be outside having fun most weeks, weather permitting.		Infant Feeding A chance to get advice and support around feeding and what works best for parent and baby.				
Little Explorers This fun group is for expectant parents and parents under 25. A chance to meet with other parents and their children in a fun environment with lots of opportunity to play.		Mums in Mind A free peer support group for mums with children aged 2 and under who feel like things are getting on top of them. Join the group for snacks, crafting and activities. Starts January 16th at Knowle Children's Centre.				
Dad's Rock Join our FREE 8-week course for under 2's and dads/male caregivers. Explore music, stories & games together. Learn how child-led musical play helps with developing baby and toddler's emotional regulation, communication, language, numeracy and creativity. Have fun, bond with your little ones and meet other dads too. Call Emma on 07943 973 473 for more information.		Hello Baby A free four-week course to help you prepare for the birth of a baby. The course will help you prepare for the birth experience, and 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. Meet other new parents in your local area. Explore where you can get support for your family's wellbeing, relationships, and fun activities to support your baby's development.				
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hartcliffe Hareclive Rd. Hartcliffe BS13 0JW 01179- 038633	Nature Play @Hartcliffe City Farm BS13 0QH 9:30-11:00 Little Explorers Stay & Play For expectant parents and parents under 25 years of age. 1:00 -2:30	Register Interest in any of our parenting programmes by scanning the QR code below. Nurture, Parenting Puzzle, Incredible Years, Circle of Security and Welcome To the World. 	Baby Hub 9:30-10:30 Milky Way, Infant Feeding Group 10:30-12:00 Mothers to Mothers 10:00-12:00	Rainbows Stay & Play for SEN Children 9:30 -11:30 Baby Peeps 1:30-2:30	Stay & Play 9:30-11:00 Hello Baby. Booking required, please go to link for dates and booking your space Hello baby (bristol.gov)	Dad's Rock with Evolve Music 10:00-11:30 For more info email Emma@evolvemus ic.org.uk
Stockwood Whittock Rd, Stockwood BS14 8DQ 01173-533503	Baby Peep 10:00-11:00 Hello Baby - Booking Required please go to link for dates and booking your space Hello baby (bristol.gov)	Baby Hub @ Whitchurch Health Centre 1st and 3rd Tuesday of the month. 1:30 -2:30	Boogie Gym @ Hengrove Leisure Centre 10:00-11:30	Stay & Play including Infant Feeding Support 9:30-11:00 Baby Hub 9:30-11:00 Every 2nd and 4th Thursday of the month, Scales will only be available until 10:30 .		
Knowle Inns Court, Knowle BS4 1TR 01173-532036	Stay & Play 1:00-2:30	Baby Hub 9:30-11:00 Scales at this site are only available until 10:30. Milk Tots, Infant Feeding Group 11:15-12:45		Baby Peep (incl Sing and Sign) 10:00-11:00 Mums in Mind 12:30-2:30. Please contact: 0117 9501170 to book. (Starting 16th January 2025) Food Club 12:30 - 2:30	Food Club 1:00-3:00	
Bishopsworth 2 Lakemead Grove, Bishopsworth BS13 8EA 01179-781028	Childminding Group 9:30-11:00	Baby Hub 9:30-10:30 Milky Way, Infant Feeding Group 10:30-12:00	Baby Peep 9:30-10:30	Stay & Play 1:00-2:30	<div><p>Please see back of Timetable for all group descriptions & information. Thanks, SBCC</p></div>	
Bedminster British Rd entrance, Bedminster, Bristol BS3 3BZ 01173- 746362	Childminders 9:30-11:00	Baby Peep 1:30-2:30	Stay & Play 9:30 -11:00 Redcliffe Food Club 1:00-2:30 Faithspace BS1 6PB	Baby Hub 10:00-11:30		



**South Bristol
Children's Centres**



Are you currently pregnant or a new parent in South Bristol ?

**Our Infant Feeding Team offer information and support
about all aspects of feeding new babies.**

**For more information please scan the QR code
and a member of the team will be touch.**



Or contact:

<https://forms.gle/YJHY4e5c8VLPsaKLA>

**1-2-1 support is available in the following areas
Hartcliffe, Withywood, Filwood, Bishopsworth,
Stockwood,
Hengrove & Whitchurch Park**





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:



Listening

Play

Nurture

Praise

Empathy

Connection

For more information please call: **07721 311 497**
or email: **psso@bristol.gov.uk**

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





The poster features a yellow circle with a white graduation cap icon on the left. A red banner contains the text 'PARENTING COURSE'. To the right is the 'Triple P' logo with the tagline 'Positive Parenting Program' and the handwritten phrase 'for every parent'. Below the banner, the title 'Positive Parenting Course' is written in yellow. A blue box contains a list of course details. Below this, a yellow box specifies the target audience. The middle section includes four speech bubbles with common parenting frustrations. A yellow box states the course is evidence-based. The bottom left contains the Bath & Bristol Parenting Hub logo and contact information. The bottom right features a cartoon illustration of a family of six and a row of five yellow circles.

PARENTING COURSE

Triple P
Positive Parenting Program
for every parent

Positive Parenting Course

- Starts late April 2025
- Online
- 7x group sessions + 1x 1:1

Register your interest now
We'll be in touch to offer you a place soon after

**For parents in Somerset,
Bristol & Bath**

"I'D LIKE TO
FEEL MORE
CONFIDENT ABOUT MY
PARENTING SKILLS."

"MORNING
ROUTINES...
BEDTIMES...
HELP!"

"WHY WON'T SHE
LISTEN AND
FOLLOW MY
INSTRUCTIONS?"

"I WISH HE COULD
BE MORE
INDEPENDENT."

**THIS COURSE IS DESIGNED FOR ALL
PARENTS OF CHILDREN AGED 3 - 12YRS**

EFFECTIVE, PRACTICAL, EVIDENCE-BASED

**Bath & Bristol
Parenting Hub**
Parentinghub.co.uk
contact@parentinghub.co.uk
07779086892

Four yellow circles



A cartoon illustration of a family consisting of a father, a mother, and four children of various ages, standing together and smiling.

PLEASE REGISTER USING THIS LINK <https://parentinghub.co.uk/contact/register>

Mindful Parenting - Online workshops to manage emotions in the family

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 Emotions Toddlers to 10's
Monday 27th January 2025

Managing BIG Emotions Tweens and Teens
Friday 28th February 2025

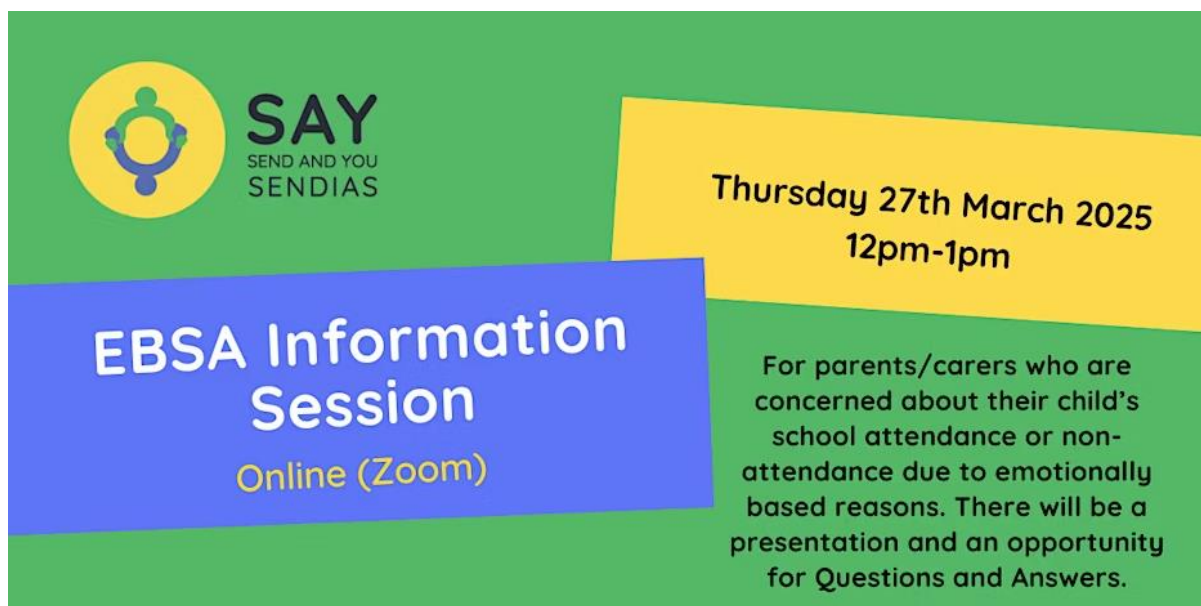
Managing Conflict within the Family
Monday 24th March 2025

Less Rushing and More Presence
Friday 25th April 2025

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

Book:
<https://www.eventbrite.co.uk/e/workshops-to-manage-big-emotions-in-the-family-online-tickets-1101157735429?aff=oddtcreator>

SEND AND YOU - EBSA information session for parents



The next session will be: [EBSA Online Information Session \(Zoom\)- Thursday 27th March, 12pm](#)

“Emotionally based school avoidance or EBSA is also commonly referred to as: school anxiety, school refusal and emotionally based school non-attendance/avoidance. All of these are terms are used to describe children and young people who experience challenges in attending school due to negative feelings (such as anxiety).

This is a free, one-hour online information session on EBSA hosted by SEND and You trained staff. There will be a presentation and an opportunity for Questions and Answers”

We do also regularly update our events page with information on drop-ins and bookable appointments with a SEND practitioner in the Local Areas we cover:

<https://www.sendandyou.org.uk/events-and-bookings/events/>

SEND and You are also experiencing a high volume of enquiries related to Suspensions and Permanent Exclusion (PEX). We have recently updated our guide for parent/carers to support them with understanding the law, their rights and the steps that can and should be taken when a child is suspended or excluded from school: [Suspension and Permanent Exclusion Toolkit 2024](#)

Murmuration Community Therapy - Navigation and Nurture monthly SEND meetings

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

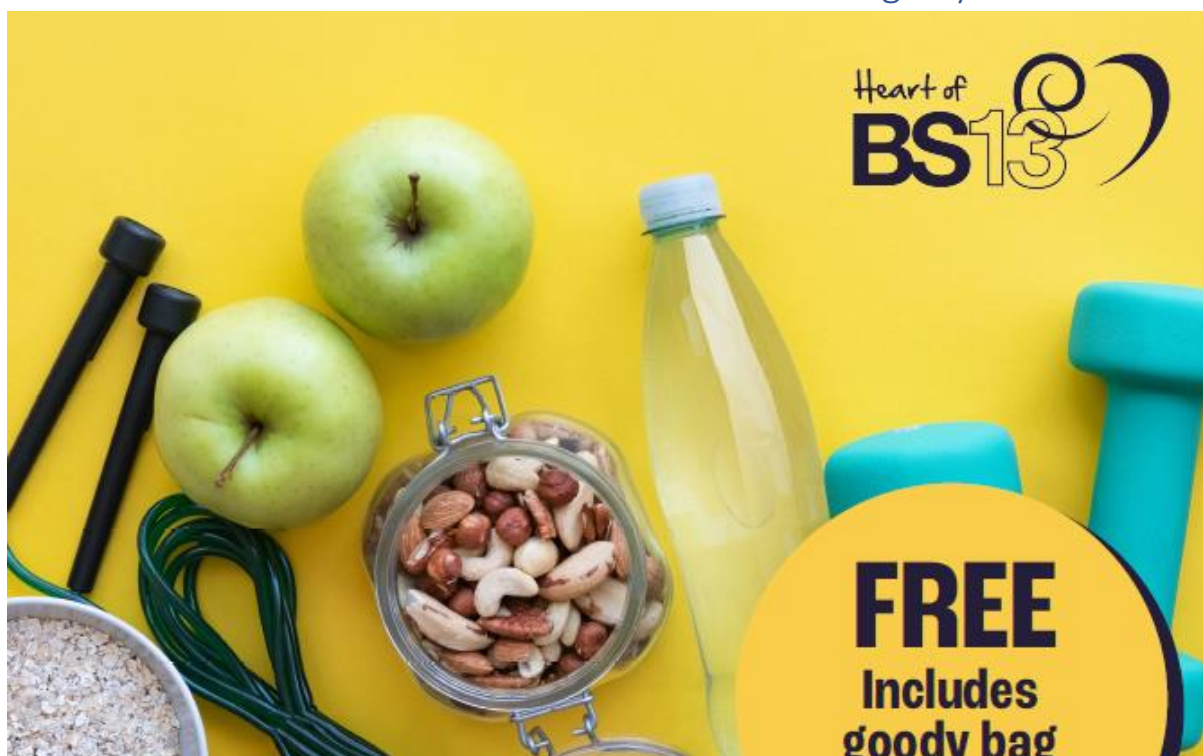
6th March
3rd April
8th May
5th June
3rd July
4th September
2nd October
6th November
4th December
10am-12pm
St Annes House,
BS4 4AB

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



MURMURATION
COMMUNITY
THERAPY





FREE
Includes
goody bag
& Morrisons
voucher

DIY HEALTH & WELLBEING DAY

10AM - 3PM TUESDAY 29TH APRIL

IN STUDIO 9 - THE GATEHOUSE CENTRE Hareclive Road, Hartcliffe BS13 9JN
(next to Heart of BS13's Community Freezer)

A day of taster sessions, health check-ins and chats
plus delicious food and refreshments.
Drop in - no need to book.

**COOKERY DEMOS. REFLEXOLOGY. SEATED MASSAGE. SMOOTHIE BIKE.
HEALTH MOT. 'ALREET MY LIVER' TESTING. BLOOD PRESSURE CHECKS.
HEALTH AND WELLBEING ADVICE AND SUPPORT.**

For more information visit our website, scan the QR code, email
Jodie.Smith@heartofbs13.org.uk or call Jodie on 07493 753 691

WWW.HEARTOFBS13.ORG.UK/WHATS-ON/



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 non-judgemental peer support to discuss wellbeing with others within your community.

www.changesbristol.org.uk
01179411123





Let's talk about mental health

We understand that no one should have to face difficult times alone.

That's why we provide peer support groups and befriending for anyone aged 18 or over, offering a safe and friendly space where people can talk about any worries they might have.

There is no referral required, so you can join at any time, and you don't have to have a diagnosis to join our groups. Simply turn up to one of our meetings, sign up online, or call us to find out more.

www.changesbristol.org.uk

info@changesbristol.org.uk

0117 941 1123





Are recent 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:



**Bristol, North Somerset
and South Gloucestershire**
Integrated Care Board



**Department
for Work &
Pensions**



**Department
of Health &
Social Care**



*Services and
opportunities
for young
people*

Step Together Volunteering - Get Growing Allotment Project

Step Together Volunteering

"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





Love Squared 'Drop the Pressure'- telephone listening for young people



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

Charity registration number: 1198464
Company number: 08977922



@lovesquaredcharity



Young Carers Service - information for young carers

YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

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

Contact details: 0117 9589980; youngc@carerssupportcentre.org.uk: f @youngcarersbsg



Our Young Carers Service provides help and support for children and young people aged 5-17yrs in Bristol and 8-17years in South Gloucestershire, their families and professional 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 have support to develop and fulfil their future plans.

Support provides opportunities for young carers to try out different tools and techniques that can help them strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when then need it and develop 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 group work meeting emerging need)
- ★ Respite activities: including trips, creative, physical and nature focused sessions.
- ★ Free Family days out (free family passes to Wild Place, Puxton Park and Noah's Arc)
- ★ Bi-weekly Young Carer Groups in each locality run in partnership with Creative Youth Network



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Tuesday 5.30-7.30pm @ Studio 9, The Gatehouse, Hartcliffe
- Central and East: Every other Tuesday 5.30-7.30pm @ The Crypt, St Lukes Church, Barton Hill

Transport is provided to those who need. Contact Abby Sheppard 07741 629192
abigail.sheppard@creativeyouthnetwork.org.uk

Referral forms for to our service are on our website (www.carerssupportcentre.org.uk)

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

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 have common struggles in schools including being late, frequently being absent, being bullied, feeling isolated, anxious and alone. We have a dedicated school's worker who can support schools identify young carers and improve support they can offer. 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 carers group
- Advice on policies and procedures

Crimestoppers - Fearless campaign to report crime safely



**I have
information
about a crime.**

**I am worried
someone is going
to get hurt.**

Need to tell
someone

Don't want my
name involved

Who can I tell?



**Tell us
WHAT
YOU KNOW**

**100% anonymously
at Fearless.org**

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Part of Crimestoppers
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Crimestoppers Trust, registered charity in England & Wales (1108667), Scotland (SC037960).



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