



Families in Focus Bulletin - Part 1

Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and East Central Services.**

The amount of information has grown so large that we have split the Bulletin into two parts and this is Part 1

Part 1 – Information and Support for Families, Parents/Carers and Young People

Part 2 – Information and Support for Practitioners

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.



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Activities for Families

Scrapstore Super Saturday 4th January



Super Saturday!

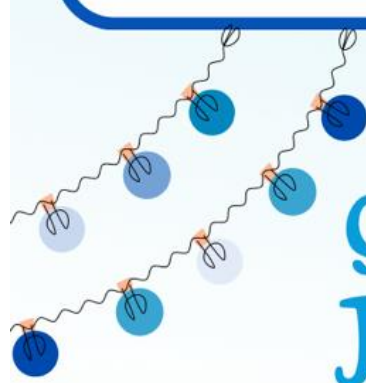
Happy New Year!

Arts, Crafts, & Play at Children's Scrapstore

Join us for **FREE** and crafty fun, aimed towards Primary School children and their families. This drop-in session runs from **10:00am - 11:30am.**

No unaccompanied Children. This session takes place in our Playroom, and can be busy, so you may need to wait for a moment in our Children's Corner if the room is full.

www.childrensscrapstore.co.uk/free-events



Join us on
Saturday 4th
January 2024!



Super Saturday in St Werburghs!

2025 Planned Dates*

Join us on the first Saturday of the month between
10:00am - 11:30am for all sorts of **FREE** family
activities at our Super Saturday monthly events!
Look out for our individual event posters for more
information!

Saturday 4th January

Saturday 1st February

Saturday 1st March

Saturday 5th April

Saturday 3rd May

Saturday 7th June

Saturday 5th July

Saturday 2nd August

Saturday 6th September

Saturday 4th October

Saturday 1st November

Saturday 6th December



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* These dates are subject to change. Check before travel.



OPEN ACCESS Play Sessions

led by Children's Scrapstore with LPW and Wecil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children **aged 8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY

Term time: 3:30pm - 5:30pm

**Green space outside Oldbury Court
Children's Centre, BS16 2QS**

Half Term Holidays*:

11:30am - 1:30pm

Easter / Summer Holidays*:

10:30am - 2:30pm

Get **creative** and **imaginative** at these regular play sessions for **all ages**. Expect arts and crafts, sports kit, construction materials and much more!

No booking required

FREE

contact: playteam@childrensscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788

*Except bank holidays.

Funded lunch for children provided in holiday sessions



Supporting Independent Living

Bristol Family Arts Network

B RISTOL F AMILY F UN

BECOME BFF'S WITH BRISTOL FAMILY FUN!

Using our resources, you can find fun, adventure, and exploration all around Bristol, for the whole family to get stuck into! Scan the QR code to sign up to our mailing list, and discover more...




Fantastic
For Families

www.childrenscrapstore.co.uk/bristolfamilyfun

Bristol Family Fun is a group of local venues, organisations and activity providers who are working together to ensure everyone gets a warm welcome!



JUMPSTART
FOOD & FITNESS

After school outdoor fun!

Food, fun and friendship for primary-aged kids in your neighbourhood

| Tuesdays
| 4-5pm
| Oldbury court park – meet us at the entrance

Team Games
Sports
Boxercise
Cooking



For details and to book text Jane
07751237049



Free!

Just come and join in!

Premier Holiday Camps



Premier
Education

HOLIDAY CAMPS



Based on over 20,000 reviews

With great value sports, arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

Over the winter break, there will be lots of festive fun to enjoy too. Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

Book now for a school holiday full of fun!



For enquires email Alana: aturner@premier-education.com

£22.07 PER DAY

08:45 - 15:30

**30TH DECEMBER -
3RD JANUARY**

FOR AGES 4-12



**Your
Holiday
HUB**
Bristol

**FULLY
FUNDED
HAF SESSIONS
WITH LUNCH**

If eligible, you will receive details from your child's school.



Travelling Light Presents- Winter Lights 26th January



Travelling Light presents

Winter Lights

Celebrating moments of joy and light

A community event for the whole family
Sunday 26 January, 1 – 5.30pm
Lantern parade, 5.30 – 6pm

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

Free entry

Theatre performances & games

Crafts **Storytelling**

Lantern making & parade!

For more info visit travellinglighttheatre.org.uk

SCAN ME

Travelling Light THEATRE COMPANY

ARTS COUNCIL COMMUNITY FUND

Yellow Wood Foundation

Supported and public funded by ARTS COUNCIL ENGLAND

THE NISBET TRUST

The Courtts Foundation



CAROLS ON STAPLETON ROAD

AT KENSINGTON BAPTIST CHURCH

**THURSDAY 19 DECEMBER
5PM TO 7PM**

**JOIN EASTSIDE COMMUNITY TRUST,
KENSINGTON BAPTIST CHURCH AND
ALLSORT CHOIR FOR A FESTIVE
SING-A-LONG TO BRIGHTEN UP A
DARK DECEMBER EVENING.**



**HOT DRINKS, MINCE
PIES FESTIVE CHEER,
MUSIC AND SONG
SHEETS PROVIDED**

Felix Road Christmas Party



FELIX ROAD CHRISTMAS PARTY

Sunday 15 December, 1 to 5 pm

FATHER CHRISTMAS GROTTO AND CHRISTMAS DINNER (FREE FOR KIDS £8 FOR ADULTS)

NEW this year – SANTAS SWAP SHOP

Bring a toy you no longer play with to swap at Santas swap shop.



Contact Ollie for more information

ollie@upourstreet.org.uk or call 07483 375 628

*Services and
opportunities for
Parents/Carers*

Antenatal and Wellbeing in pregnancy group.

Antenatal and Wellbeing in pregnancy group



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



Come and join us 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**

TO JOIN US, PLEASE CONTACT REBECCA RICE AT:
HOMEVISITING@MOTHERSFORMOTHERS.CO.UK



Helpline: 0117 935 9366 Mon - Fri 10am -9pm
www.mothersformothers.co.uk
[@m4mbristol](https://www.instagram.com/mothers_for_mothers)


**mothers
for mothers**
perinatal mental health support

NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

DADS & PARTNERS ONLINE PEER SUPPORT GROUP

“For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband.”

JACOB KELLY
PEER SUPPORT WORKER

When and where?

Every first Thursday of the month
8-9pm
Online via zoom



To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

01179359366 OR
support@mothersformothers.co.uk



Helpline: 0117 9359366

Mothers for Mothers



- Are you or someone in your family experiencing anxiety, depression, distress or isolation during pregnancy and/or after the birth of your baby?

- Are you supporting someone who is experiencing this?

support@mothersformothers.co.uk

www.mothersformothers.co.uk


Bristol, North Somerset
and South Gloucestershire
Integrated Care Board



SUPPORTING

FAMILIES SINCE 1981

Mothers for Mothers- St George



"Mental health problems can affect anyone. You can talk to us without feeling embarrassed."

Come along to our support group in

St George

Every Tuesday - 10:00am to 12:00pm
at The Beehive Centre, 19a Stretford
Road, Whitehall, Bristol, BS5 7AW

Contact us at groups@mothersformothers.co.uk



perinatal mental health

Beezee FAMILIES



Want to help families
feel healthier and happier?

Refer a family to Beezee Families today. It's an award-winning, **FREE**, healthy lifestyle programme, designed to help families make healthy habits that last for life. We'll find support that's right for them. They can:



Log in for 10 weeks
of online group sessions,
plus 2 check-in calls



Learn at their own
pace by enrolling
onto the Academy



Refer a
family today

@ hellobristol@maximusuk.co.uk

☎ 03308 186 308



Our online group programmes are for children above their ideal weight, see our website for more information.

24-1220

Home start Bristol



Home visiting

Our home-visiting service is part of what makes us special. We visit parents in their own home so that we can really get to know them and their families. We never judge a parent and are always compassionate and put the needs of families first. Our trained volunteers offer free, confidential support, friendship and practical help to parents who are going through challenging times and have at least one child under the age of 5 years.

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://homestartbristol.org.uk/referrals/>

Mums in Mind

This is a peer support group for mums with children under 2 years who are feeling lonely, anxious, or like everything is getting on top of them. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions and are by referral only, but parents can also self-refer. It's a chance to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 2 locations across Bristol - Hartcliffe and Lawrence Weston. The next sessions start again in September, dates TBC. Please get in touch if you would like more information or to make a referral.





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

Scan here to find out more and register your interest!



Your parenting toolbox:



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

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



Mental Health Support Team

Mental Health Support Team

Are you aged 5 - 18 or are a parent of a child this age?

Are you, or is your child struggling with mental health difficulties (e.g. stress, mild anxiety or low mood) and would like some help?

We are a new NHS initiative working in full partnership with OTR (Off the Record) and the Child and Adolescent Mental Health Service (CAMHS).

We offer individual therapeutic support and whole school activities, or approaches.

We are based in some schools in Bristol, North Somerset and South Gloucestershire, with an aim to have 50% coverage by 2024.

HOW CAN YOU ACCESS US?

1. Check we're in your school by following this link or scanning the QR Code: www.otrbristol.org.uk/what-we-do/mhst/
2. Speak to a trusted member of staff in your school and ask about us
3. With your consent they will talk to us, and if it sounds like we can help they will refer you to us



Schools are selected by a 'needs led' process by Public Health. If you want to know more about this we have a briefing document with more details that we can send you.

Get in touch:

mhst enquiries@otrbristol.org.uk

NHS Talking Therapies



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**

**Are you feeling low, worried
or stressed?
Or do you know someone
who is?**

We are here to help you


At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, North Somerset and South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

 vitahealthgroup.co.uk

 0333 200 1893

 Text 'YOU' to 88802

**Scan to
self refer**



Service provided by



Strengthening Families Strengthening Communities

strengthening families strengthening communities



Every Thursday from 16th January 2025 for 12 sessions, excluding school holidays. Last session on April 3rd.
9.30am to 12pm, Settlement Site, Ducie Road, BS5 0AX

A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

FREE CRECHE SPACES AVAILABLE, BOOK NOW!

“Really valuable course. I have seen genuine changes in my family. I’m very grateful and hopeful for the future”

Parents: self-refer by scanning the QR code:



For more information or to book, call Sally on 0117 3041400 extension 155

Professionals: find a referral form at <https://form.jotform.com/222903517095355>



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

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

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

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



PARENTING COURSE



Positive Parenting Course

- Starts Fri 24th Jan 2025
- 12:30 - 2:30pm, online
- 8x group sessions + 2x 1:1s

Register your interest now. You'll then be offered a place, at which point you can confirm your intention to participate.

Online, via Google Meet

For parents in 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



Murmuration Community Therapy



MURMURATION COMMUNITY THERAPY



SEND Parent Carer Nurture Groups 2025

Nurture Groups are intimate circles of SEND parents to find belonging and support, build resilience and learn ways to stay well on the challenging path.

Downend group - Monday 20th January 2025 for 1 to 1s
whole group starting 27th January, 7.30pm-9.00pm for 8 weeks
Oldbury Court Children's Centre, Frenchay Road, Downend, S16 2QS

Bedminster - for single parents - Tuesday 21st January 2025 for 1 to 1s
whole group starting 28th January, 10.00-11.30am for 8 weeks
Bedminster Children's Centre, British Road, Bedminster, Bristol, BS3 3BZ

Hartcliffe - Wednesday 22nd January 2025 for 1 to 1s
whole group starting 29th January, 10.00-11.30am for 8 weeks
Hartcliffe Children's Centre, Hareclive Road, Hartcliffe, Bristol BS13 0JW



Scan to book on to a group!



FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM





MURMURATION COMMUNITY THERAPY



SEND Parent Carer Nurture Groups 2025

Nurture Groups are intimate circles of SEND parents offering belonging, support and ways to stay well along the challenging parent carer path.

Downend group - Monday 20th January for 1 to 1s
whole group starting 27th January, 7.30pm-9.00pm for 8 weeks

Bedminster - for single parents - Tuesday 21st January for 1 to 1s
whole group starting 28th January, 10.00-11.30am for 8 weeks

Hartcliffe - Wednesday 22nd January for 1 to 1s
whole group starting 29th January, 10.00-11.30am for 8 weeks

FOR MORE INFO AND TO BOOK GO TO
MURMURATIONCOMMUNITYTHERAPY.COM



Free Oral Health Improvement webinar

FREE Live Oral Health Improvement Webinars for Early Years Providers and parents/guardians

The [Big Brush Club](#) are hosting several **live oral health improvement webinars** throughout November, December and January for early years providers and parents/guardians. These sessions will provide valuable information on how to support children aged 0-11 years to have the best oral health start.

During each session there will be two dental care professionals presenting and on hand to answer any questions you might have throughout the webinar. We do not require any cameras or microphones to be used, however there will be a chat box to ask any questions you might have throughout.

Please feel free to share this information on any platforms you [have to](#) communicate with parents/guardians and any other staff members in your settings.

Please click on the dates below to register:

[Thursday 5th December at 6pm](#) – EY Providers

[Thursday 12th December at 6pm](#) – Parents

[Tuesday 14th January at 6pm](#) – Parents

[Wednesday 22nd January at 6pm](#) – EY Providers

Best wishes,

Chantelle Coles
Project Facilitator



Chantelle@homedental.org
07842445834
0808 169 4546
www.athomedental.co.uk

Excellent **4.7** out of 5 **Trustpilot**



NCFE CACHE Level 1 Award in Caring For Children

EMPLOYABILITY



NCFE CACHE LEVEL 1 AWARD IN CARING FOR CHILDREN

Dates: Starting on Friday 17th January 2025- Friday 28th March 2025

Venue: Oldbury Court Children's Centre, BS16 2QS

Who is it suitable for?

- This qualification is suitable for you if you are considering a career in caring for children. It could also support you with re-engaging with learning and break down barriers to you entering the childcare workforce. It encourages an understanding of the knowledge and the skills needed to care for young children. The qualification covers children's growth, learning and development, and there are also units to help with self-development.

Contact: catherine.landon@bristol.gov.uk Phone: 07785 702454

Eligibility: Adults aged 19 years + with few qualifications plus Reading and Writing at Level 1.



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

Kinship Care support



Kinship Care

Are you a kinship carer?

Do you look after someone else's child under a special guardianship order or a child arrangements order?

The HOPE provides education advice to families with these types of kinship care arrangements.

Please see our website for further information

[Kinship care](#)

Or email hope.kinship@bristol.gov.uk



*Services and
opportunities for
young people*

Babbasa- Youth Empowerment



We are a Bristol-based social enterprise that sets out to support young people (16-30) with their professional aspirations, irrespective of their background. Our mission is to inspire and support young people from low-income and ethnic minority communities to pursue and achieve their professional ambitions.

What's On?

Ever dreamt of being an animator?

Aardman is offering 4 fully-funded course spaces to our young people at Babbasa. Their Industry Training course Stop Motion 1 involves 12-weeks of online guided teaching, supported by weekly practical tasks and Mentoring to build the right foundations and practical skills in character animation, delivered by a team of highly experienced tutors and mentors.



Please visit our website to find out more information on events and job opportunities.

-  babbasa.com
-  0117 924 1707
-  admin@byep.org.uk
-  [babbasahub](https://www.instagram.com/babbasahub)





Brook offers free and confidential sexual health treatment, information and advice for young people aged 13-19 in Bristol, South Gloucestershire and North Somerset.

Brook Clinic 3rd Floor, The Station, Silver Street, Bristol BS1 2AG	Monday	12-7pm
	Tuesday	12-7pm
	Wednesday	12-7pm
	Thursday	12-7pm
	Friday	12-5pm
	Saturday	12-5pm
	Sunday	closed

Please call our friendly reception team on **0117 929 0090** for all services and appointments.
For our **drop-in sessions** times, please visit our website below).

Our Free and Confidential Services

- Advice and information about all aspects of sexual health
- Contraception (condoms, C-Card & long-acting options)
- Emergency contraception
- Pregnancy testing
- STI testing and treatment
- PrEP (taken before sex to prevent HIV infection)
- Counselling
- 1:1 Relationships and Sex Education support (Bristol and South Gloucestershire only)

We welcome young people of all genders and sexualities

brook.org.uk

brook.org.uk/service/brook-bristol/



Unity Sexual Health runs weekly sexual health clinics for the under-25s around Bristol, South Gloucestershire and North Somerset. Please call 0117 342 6900 to book an appointment. Or visit our website for walk in details.



Be Informed.
Be Safe.
Be In Control.

Provided by:



University Hospitals Bristol
NHS Foundation Trust

Unity @ Withywood	Amelia Nutt Clinic, The Withywood Centre, Queen's Road, BS13 8QA	Mondays 15:15 – 17:45
Unity @ Southmead	Southmead Health Centre, Ullswater Road, BS10 6DF	Mondays 15:00 – 17:30
Unity @ Lawrence Weston	Ridingleaze Health Centre, BS11 0QE	Tuesdays 15.00 – 17:30
Unity @ South Bristol Community Hospital	Hengrove Promenade, BS14 0DE	Wednesdays 16:00 – 18:00
Unity @ Clevedon	Clevedon Health Centre, Old Street, BS21 6DG	Thursdays 18:00 – 20:30
Unity @ Concord Medical Centre	Braydon Avenue, Little Stoke, BS34 6BQ	Wednesdays 15:00 – 17:30
Unity @ Yate Westgate Centre	Westgate Centre, 21 West Walk, Yate, BS37 4AX	Thursdays 16:00 – 17:30
Unity @ Cadbury Heath Health Centre	Parkwall Road, Barrs Court Cadbury Heath, BS30 8HS	Mondays 15:30 – 18:00

Testing for STIs (Sexually Transmitted Infections)

If you are over 16, you can order **free STI test kits by post from the website**, that arrive at your house in plain packaging. Or pick them up from **vending machines** across the area. All information and how to access at www.unitysexualhealth.co.uk



C-Card in Bristol, South Glos and N Somerset provides free condoms for those aged 13-24 years.

Scan the QR code for more information

Bristol only: 16-24 years – Digital C-Card Registration and Condoms by Post. Visit www.brook.org.uk/regions/brook-bristol/

unitysexualhealth.co.uk

Visit website for any updates to clinic opening times

About LPW



LPW is a Community Interest Company that provides **all-year-round support** designed to build children and young people's **resilience**, improve school attendance, support **progress** and **attainment**. We help children and young people to develop **positive relationships** in their community at home and with their education.



Through **relentless care** and attention, our personalised interventions model secure attachment and attachment theory. Our **tailored support** is either **1:1, group-based or a combination of both**. Our core aim is to reconnect children and young people, putting the **right support** in place at the earliest possible opportunity to help them **overcome barriers** to engagement.

Each of our programmes are delivered by our **specialist team** of school teaching staff and Engagement Workers who are experienced practitioners in working with **childhood trauma** and with children and young people that have multiple **Adverse Childhood Experiences**. We work in education settings (mainstream and Alternative Learning Provision), in the community or a combination of both. We also work with children and young people's **families/carers** to ensure they understand the role they play in supporting children or young people referred to us.



Our **Engage and Explore Programmes** of support encompass **mentoring, play work, youth work, alternative education and part-time ALP**, offering a clear, graduate response to individual children and young people's needs. They are available across Key Stages 1-5 as part of our **drive to reduce exclusion**.

LPW House, Princess Street, Bedminster, BS3 4AG
 T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
 Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

What We Offer

Engage Programmes



Our **mentoring** can be community or classroom based. It is highly personalised and co-constructed with the referring school or professional agency.

Bespoke 1:1 or group-based support available as term-time only through to all-year-round provision.

Suitable for: Early intervention and ongoing support for children and young people to help **overcome barriers** that might otherwise hinder their ability to **successfully engage** in mainstream education, community settings or home environments.



Both our Education Recovery Programme and Recovery Plus+ embed a **combined approach** that works with children and young people to fulfil their educational needs. We **break down barriers** to learning and build in **vocational provision**. This ensures that children and young people can access a broad and balanced curriculum offer, and that mainstream schools can **successfully re-engage** their most vulnerable students.

Education Recovery

Suitable for: Children or young people where concerns exist about their suitability for a full-time, school based timetable.

Education Recovery Plus+

Suitable for: Children or young people that have previously received significant additional support, possibly including our Recovery Programme, without having a significant impact on their engagement with education.

LPW House, Princess Street, Bedminster, BS3 4AG
T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

Explore Programmes



We recognise that the traditional classroom-based curriculum does not work for all children and young people. Our **Explore** programme re-engages children and young people through a broad range of **active and engaging experiences**, and creates the opportunity to **Explore** the city in which they live.



Our highly skilled team of **trauma informed practitioners** work alongside education providers to inspire and **re-engage** young people at risk of exclusion. We focus on helping children and young people to develop their **self-esteem** and a true sense of their own identity by encouraging them to take risks in a safe manner, supported by **trusted adults**.

By combining **invigorating activities** and our years of experience as skilled **mentors** we are able to successfully adopt an approach that **empowers** children and young people, and develops **positive mental health**. Typical activities include mountain biking, kayaking, rock climbing, forest school and urban tracking. Being in nature and participating in high adrenaline activities have been scientifically proven to boost positive mental health, **reduce anxiety** and **increase self-confidence**, all of which are major contributing factors in school and reduce social exclusion.



Options can include:

- ★ One to one or group sessions (1:3 staff ratios);
- ★ Half and full day sessions to suit need;
- ★ Transport and food included;
- ★ Targeted sessions working towards individual targets.



LPW House, Princess Street, Bedminster, BS3 4AG
T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

Inspire: Training, development and workshops



We are passionate about ensuring all children and young people receive **high quality support** that is appropriate to their needs, relevant to their situation and that is available at the **earliest possible point**.

Our staff and team hold specialist skills, experience, knowledge and intelligence that help to **improve the quality** of support children and young people receive, including the ability to make better informed decisions themselves. Whether it's formal **training** for professionals, **assemblies** for children and young people, or **team building** days we provide **bespoke opportunities** to **inspire** professionals, children and young people.



If you would like to know more about **LPW** and our range of **Engage, Explore and Inspire programmes**, please get in touch to discuss your requirements using the contact details below.

E: enquiries@lpw.org.uk or call **0117 987 3700**

LPW House, Princess Street, Bedminster, BS3 4AG
T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk
Learning Partnership West CIC. A company limited by guarantee. Company Number 02911928

**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](https://fearless.org)



YOUTH CLUB



For young people of
secondary school age

Want to get out of the house, meet some new people and do something different? Come and just hang out or get involved in activities such as:

- 🐦 Bush craft skills and games
- 🐦 Natural crafts such as felting and candle making
- 🐦 Cooking on the fire
- 🐦 Woodwork skills
- 🐦 Occasional visits to the farm to care for the animals

**Every Tuesday, 4 - 6pm
during term-time**

Email Ro at childandayouth@swcityfarm.co.uk
or call 0117 9428241



AGES 10+

YOUTH CLUB

FREE

MONDAY S
6:30-8:30

FREE OF CHARGE

A FUN OPPORTUNITY FOR KIDS TO GET OUT, PLAY AND MAKE NEW FRIENDS!

THE VASSALL CENTRE
GILL AVE. BS16 2QQ

CONTACT-
CWILSHIRE@LPW.ORG.UK

ACTIVITIES:

- PING PONG
- OUTDOOR COOKING
- ARTS N CRAFTS



East Bristol Junior youth Empowerment Programme



EAST BRISTOL
JUNIOR YOUTH SPIRITUAL
EMPOWERMENT PROGRAM

5:30pm on
Thursdays
@ Meadow Vale
Community Centre

42 Meadow Vale,
Speedwell, Bristol BS5 7RF

eastbristoljunior youth@gmail.com

The Programme is offered for young people aged 11 to 14 and its purpose is to instil in them a sense of moral purpose, which helps channel their capacity for justice and altruism into meaningful contributions to their community

ABOUT THE PROGRAMME

The Junior Youth Spiritual Empowerment Programme is for young people aged 11 to 14 as this period of life is a time of rapid development of spiritual, intellectual, and physical capacities.

Junior youth groups are guided by two trained and experienced facilitators known as **animators**, who also act as role models. Groups meet on a regular basis, giving participants a sense of belonging within the community and fostering an environment of mutual support.

What happens in the sessions?

Strong bonds of friendship built around service projects for community, games, arts/music, drama, sports, and regular exploration of spiritual concepts by means of the study of stories and service projects.

With the help of their animator, the junior youth are empowered to become agents of positive social change by developing:

- The ability to **critically analyse** positive and negative social forces that exert an influence on their lives, including social media
- The ability to **understand and practice** spiritual qualities such as love, honesty and humility
- The ability to **express** themselves with confidence and clarity
- **A strong moral framework** upon which to base their decisions and actions
- **An attitude of service** expressed in action within their communities

Both animators are DBS cleared and the programme is offered by the Bahá'í Community of Bristol. There is a training pathway for older youth to become animators and give back to community; this is free. Please email us if you have older youth in mind who could become role models for junior youth in the community.

The Prince's Trust- Get Started with Art



Prince's Trust

GET STARTED IN ART

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in Art.

To find out more, contact: email emily.spruce@princes-trust.org.uk or call 07436 582328

[@princestrust](https://www.instagram.com/princestrust)



ON THIS COURSE YOU'LL:

- Learn and develop basic art skills
- Meet like-minded creative people
- Discover new art techniques using a wide variety of materials
- Explore creative events and opportunities in Bristol

DATES FOR YOUR DIARY:

Taster day: 4th December 2024

Course dates: 9th - 11th and 16th Dec 2024

Application deadline: 2nd December 2024

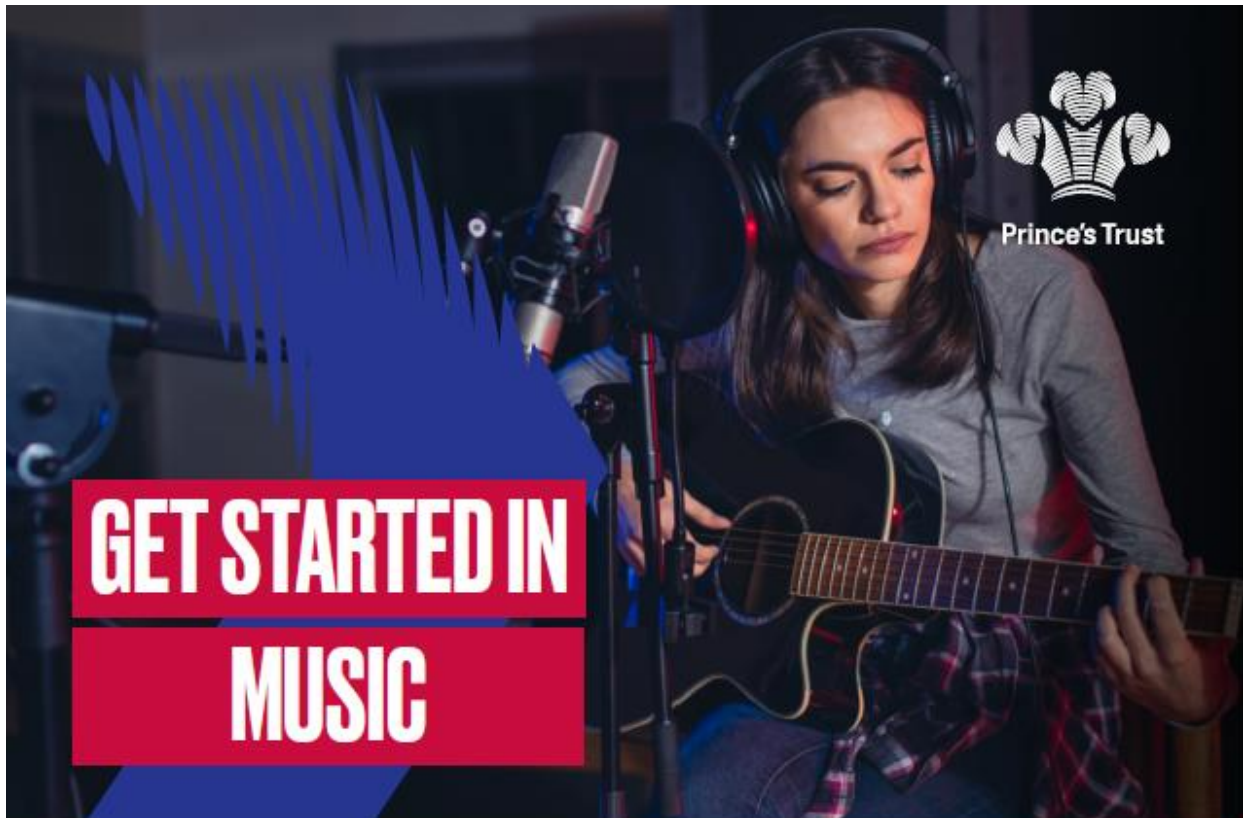
Location: Bristol PT Centre, BS1 6BY

Eligibility criteria: 16 - 30 years old

➤ GET STARTED

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Princes Trust- Get Started with Music



GET STARTED IN MUSIC

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the creative sector.

Email:
Outreach.bristol@kingstrust.org.uk
or call 0800 842 842 to find out more

@princestrust



ON THIS COURSE YOU'LL:

- Work with live musicians to write and record tracks
- Have the chance to perform your songs at the end of the course
- Gain a Bronze Arts Award qualification
- Receive 1:1 support to help you find your next steps

DATES FOR YOUR DIARY:

Taster day: 15th January 2025

Course dates: 20th-24th January 2025

Application deadline: 14th January 2025

Location: King's Trust Bristol Centre

Eligibility criteria: 16-25

➤ GET STARTED



DSN 5543 © The Prince's Trust 2022 - all rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England. Registered number RC000772. Registered office: The Prince's Trust The Prince's Trust South London Centre 8 Glede Path London SE1 8EG. Registered charity number in England and Wales: 1079676 and Scotland: SC04198.

Princes Trust- Get into Security



**SIGN UP, LEARN,
GET INTO SECURITY**

Everyone starts somewhere.
Get the skills, experience and
opportunities to help you land
a job.

Email:
outreach.bristol@kingstrust.org.uk
or call 0800 842 842

ON THIS COURSE YOU'LL:

- Have the opportunity to gain a Door Supervisor qualification
- Develop your skills with a Level 3 First Aid Certificate
- Learn de-escalation techniques
- Gain support to apply for an SIA license

DATES FOR YOUR DIARY:

Taster day: Wednesday 22nd Jan 2025
Course dates: Mon 27th Jan - Fri 7th Feb 2025
Express interest by: Mon 20th Jan 2025
Location: Bristol KT Centre, BS1 6BY
Eligibility criteria: 18-30 years old



Wellspring Settlement Youth Evenings



Be part of a new YOUTH SPACE + Influence your COMMUNITY in Barton Hill

Where?

Wellspring Settlement, Ducie Rd | Every Friday | 3:30-5pm

If you're aged 12-16, come along to Wellspring Settlement every Friday
@ 3:30pm

To help create a new youth club in Barton Hill ahead of its opening in
Autumn 2024!

What to expect:

- Have your say in what YOU want to see in the youth club
- Form new relationships around your community
- Games, sports activities and refreshments will be provided every session



For more information contact Demi
on 07880945176 or
dolunmogun@lpw.org.uk

Young Carers Group



Young Carers group East-Central Bristol, Tuesdays (fortnightly), 5.30-7.30 pm, at the Wellspring Settlement, 43 Ducie Rd, Barton Hill, Bristol BS5 0AX.

Make new friends, have some fun and share some of your worries with people in similar situations to your own. Join a safe space where you can have fun and chat with trustworthy youth workers.

These sessions are for 11-19 year olds and are free and we have food available, as well as crafts materials and we regularly organise free trips.

Where and when?

Feel free to get in touch before you come to a session with our Youth Worker Abby - abigail.sheppard@creativeyouthnetwork.org.uk or 07741 629 192.

Felix Youth Project

Wednesdays
5.30 to
7.30pm

Felix Road
Adventure Playground

FELIX Youth Project is a fun and friendly youth project aimed at young men and women in years 7 - 11 delivered by Eastside Community Trust and Freestyle Bristol, run during term times.

Our activities include gaming, arts, sports activities and cooking. We welcome children and young people looking for a safe space to socialise and make new friends.

Funded by the National Lottery,
The Million Hours Fund



Felix Youth Christmas Party- Jingle Jam

**EASTSIDE
COMMUNITY
TRUST**

JINGLE JAM

**PRIZES TO BE WON
DRESS TO IMPRESS
MUSIC BY FELIX YOUTH**

**Tuesday 17 December, 6 to 7.30pm
Felix Road Adventure Playground**

Felix Youth Christmas Party for those age 12 to 16



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



The Kings Trust- Newsletter



The King's Trust Newsletter

Bristol, December 24 - March 25






Welcome to your regular newsletter from The King's Trust in Bristol

We have so many great courses for young people aged 16-30 to get involved in. Courses are free and give people the tools to build their confidence, find a job or start their own business.




If you know a young person who is not in education, employment or training and would benefit from our support, email us at outreach.bristol@kingstrust.org.uk or fill out our [online referral form](#).

Course detail and dates

TEAM (Gloucester)	Get Started with Art	TEAM (Bath)
		
<p>Location: Young Gloucestershire Date: 2nd December 2024 - 7th March 2025 Age: 16-25 Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends! Email us -> reetta.cahiman@kingstrust.org.uk</p>	<p>Location: Bristol KT Centre Taster Day: 4th December 2024 Programme: 9th-12th December Celebration: 16th December Age: 16-30 Our art programme is aimed at beginners looking to try out new skills and meet like-minded creative people. Learn new techniques, get access to a wide variety of materials as well as exploring and discovering more about creative events and opportunities in Bristol. Email us -> outreach.bristol@kingstrust.org.uk</p>	<p>Location: Bath College Date: 6th January - 4th April 2025 Age: 16-25 Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends! Email us -> reetta.cahiman@kingstrust.org.uk</p>

TEAM (Swindon)	TEAM (Glastonbury)	Get Started in Music
		
<p>Location: New College Date: 13th January – 4th March 2025 Age: 16-25</p> <p>Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends!</p> <p>Email us > reetta.sahiman@kingstrust.org.uk</p>	<p>Location: Strode College Date: 13th January – 4th March 2025 Age: 16-25</p> <p>Team is our 12-week personal development and employability programme that includes a Level 1 Certificate in Employment, Teamwork and Community Skills. Build up your CV, boost your confidence and make new friends!</p> <p>Email us > reetta.sahiman@kingstrust.org.uk</p>	<p>Location: Bristol KT Centre Taster Day: 16th January 2025 Programme: 20th – 24th January 2025 Age: 16-30</p> <p>The King's Trust has partnered with the Irene Taylor Trust to give you the opportunity to work with live musicians to write, record and perform tracks. Participants can also gain a Bronze Arts Award qualification and have access to one-to-one advice and support.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>

Get Started with Cooking	Get Into Security with PROSEC	Get Started in Digital Photography
		
<p>Location: Bristol KT Centre Taster Day: 23rd January 2025 Programme: 27th – 31st January 2025 Age: 16-30</p> <p>Partnering with Coexist Community Kitchen in Easton, you will learn different cooking and food preparation techniques and gain invaluable experience from industry experts. Participants will receive one-to-one support following the programme.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>	<p>Location: Bristol KT Centre Taster Day: 22nd Jan 2025 Programme: 27th Jan – 7th Feb 2025 Age: 18-30</p> <p>The King's Trust has teamed up with PROSEC to give you the opportunity to gain a Door Supervisor qualification and First Aid certificate. We will support you with your application and pay for your SIA licence on successfully passing the exams.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>	<p>Location: Bristol KT Centre Taster Day: 12th February 2025 Programme: 17th – 21st February 2025 Age: 16-30</p> <p>A week-long face to face creative programme for young people based in and around Bristol. This course will give you the opportunity to learn the fundamentals of photography and explore the positive impact being creative can have on your mental wellbeing.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>

Get Started with Art	Get Into Retail	Get Started in Conservation
		
<p>Location: Bristol KT Centre Taster Day: 19th February 2025 Programme: 24th – 28th February 2025 Age: 18-30</p> <p>Our art programme is aimed at beginners looking to try out new skills and meet like-minded creative people. Learn new techniques, get access to a wide variety of materials as well as exploring and discovering more about creative events and opportunities in Bristol.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>	<p>Location: Across Bristol and Bath Taster Day: 19th February Programme: 3rd – 27th March 2025 Age: 18-30</p> <p>Our programme with Marks and Spencer gives you the opportunity to gain retail experience, build confidence and potentially get employment with M&S at the end of the course. Participants will receive one-to-one support throughout the programme.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>	<p>Location: Grow Wilder Taster Day: 26th March Programme: 31st March – 4th April 2025 Age: 18-30</p> <p>Teaming up with Avon Wildlife Trust, you will learn about practical conservation, wildlife identification and land management. You'll have the opportunity to connect with nature and people who share your passion for conservation and the outdoors.</p> <p>Email us > outreach.bristol@kingstrust.org.uk</p>

Any Questions?

If you have any questions or concerns, feel free to contact our outreach team at outreach.bristol@kingstrust.org.uk, call Susie (Outreach YDL) at **07506 524 789** and Emily (Outreach YDL) at **07436 582 328**.

[Check out our website](#) for more information about upcoming courses, both in the [South West](#) and across the UK.

SUPPORT PROGRAMME

Group sessions and workshops

December 2024



DEC
3rd

RESILIENCE WORKSHOP WITH OFF THE RECORD

5.30PM - 7PM @ BABBASA OFFICE



DEC
10th

EMOTIONAL MANAGEMENT

3.30PM - 5PM @ BABBASA OFFICE

DEC
12th

BOXING ENRICHMENT SESSION

3-4pm at Empire Fighting Chance, Easton



DEC
16th

BUILDING CONFIDENCE

3.30PM - 5PM @ BABBASA OFFICE

DEC
18th

PAINT AND TALK SESSION

3PM - 4.30PM @ THE BABBASA OFFICE

If you're interested in joining one of these sessions, please contact our Support Programme Lead, Char Smith. Please include your name, which workshop you're interested in and your contact information (email and phone number).



charlotte.smith@byep.org.uk



07483 910181

babbasa

skills
CONNECT

**BRISTOL
POST 16**