

Family Help South Bulletin – Part 1

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

Hello and welcome to the Information Bulletin from your locality Family Help 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 Family Help but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Family Help 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

HWCP - Free BS13 summer activities for young people





Summer Holidays 2025



Free BS13 Summer Activities for Young People

www.hwcp.org.uk



Please scan the QR code to book your space on an activity

NAF
CHILDREN WHO RECEIVE BENEFITS RELATED FREE SCHOOL MEALS CAN EXPLORE YOUR HOLIDAY HUB SUMMER ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week commencing 21/07/2025		Cricket 10:00 am - 2:00pm Northants Academy BS13 9BJ	Go Sketch 10:00am - 2:00pm The Symes Resource Centre BS13 0BE		Kids Breakfast & Yoga 9:00am - 12:00pm The Symes Resource Centre BS13 0BE
Week 2 Week commencing 28/07/2025		Sports Day 12:00pm - 3:00pm Harehale E-Act Academy BS13 0HP	Family Park Games 11:00am - 2:00pm Withwood Park BS13 8PL	Kayaking 12:00pm - 4:00pm Pick up: The Symes Resource Centre BS13 0BE	
Week 3 Week commencing 04/08/2025		Summer Fair 12:00pm - 3:00pm The Symes Resource Centre BS13 0BE	Family Park Games 11:00am - 2:00pm Walnut Park BS13 0HS	Treetop Adventure Golf 11:00am - 3:00pm Pick up: The Symes Resource Centre BS13 0BE	
Week 4 Week commencing 11/08/2025		Sports Day 12:00pm - 3:00pm Harehale E-Act Academy BS13 0HP	Family Park Games 11:00am - 2:00pm Spacemakers BS13 0AA Graffiti 10:00am - 2:00pm The Symes Resource Centre BS13 0BE	Graffiti 10:00am - 2:00pm The Symes Resource Centre BS13 0BE	Graffiti 10:00am - 2:00pm The Symes Resource Centre BS13 0BE
Week 5 Week Commencing 18/08/2025		Acta Drama 10:00am - 2:00pm Moorcroft Church BS13 0LT	Family Park Games 11:00am - 2:00pm Millennium Green BS13 0BQ	Swim & Climb 11:00am - 2:00pm Hengrove Leisure park BS14 0DE	
Week 6 Week Commencing 25/08/2025		Acta Drama 10:00am - 2:00pm Moorcroft Church BS13 0LT	Family Arts & Crafts 11:00am - 2:00pm The Symes Resource Centre BS13 0BE		

HARTCLIFFE & WITHWOOD
COMMUNITY PARTNERSHIP

BRINGING THE COMMUNITY TOGETHER AGAIN!

CRICKET

Your Holiday HUB
Bristol

TUESDAY 22ND JULY 2025
10:00AM - 2:00PM
AGES 8 - 12

MERCHANTS' ACADEMY SPORT CENTRE
MOLESWORTH DR
BS13 9BJ

PLEASE SCAN
THE QR CODE
TO BOOK YOUR
SPACE

HWCP - 'Go Sketch' arts session 23rd July in BS13

Bringing the Community together again!



Go Sketch



WEDNESDAY 23RD JULY 2025
10:00AM - 2:00PM
THE SYMES RESOURCE CENTRE
BS13 0BE

CLAY
MODEL MAKING




WATER PAINTING





Please scan the QR
code to book your
space

HWCP - Kids breakfast & yoga Friday 25th July in BS13



BRINGING THE COMMUNITY TOGETHER AGAIN!

KIDS BREAKFAST & YOGA

Friday 25th July 2025

Age
8 - 12

9:00am -
12:00pm



The Symes Resource Centre
BS13 0BE



Please scan the QR
code to book your
space

HWCP - Kayaking session 31st July



BRINGING THE COMMUNITY TOGETHER AGAIN!

KAYAKING



THURSDAY
31ST JULY 2025

12:00PM -
4:00PM

PICK UP & DROP OFF:
THE SYMES RESOURCE
CENTRE, BS13 0BE

THE BOATHOUSE
BA1 3NB

AGE
12 -17



Please scan
the QR code to
book your
space

HWCP - Park Games & picnic on Wednesday mornings

**HARTCLIFFE & WITHYWOOD
COMMUNITY PARTNERSHIP**

BRINGING THE COMMUNITY TOGETHER AGAIN!

PARK GAMES

WEDNESDAYS:

- 30TH JULY – WITHYWOOD PARK**
- 6TH AUGUST – WILMOTT PARK**
- 13TH AUGUST – SPACEMAKERS**
- 20TH AUGUST – MILLENIUM GREEN**

**11:00 AM –
2:00PM**

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**PICNIC IN THE PARK
FOOD PROVIDED**

**FAMILY
FUN**

HWCP - Graffiti sessions in August in BS13

A vibrant blue poster with a graffiti theme. At the top left is the Hartcliffe & Wywood Community Partnership logo, a green circle with white stylized buildings and the text 'HARTCLIFFE & WYWOOD COMMUNITY PARTNERSHIP'. To its right, the text 'BRINGING THE COMMUNITY TOGETHER AGAIN!' is written in white. The word 'GRAFFITI' is written in large, white, hand-painted letters with a green crown above the 'G'. Below the crown is a green arrow pointing right. To the left of 'GRAFFITI' is a white line drawing of a smiling face wearing a cage mask. Below this is the text 'AGE 11-16' in white. In the center is a colorful graffiti tag that says 'OLIVAR'. To the right of the tag is a green arrow pointing right. Below the tag is a logo for 'Your Holiday HUB Bristol' with 'Your' in green, 'Holiday' in red, 'HUB' in blue, and 'Bristol' in small black text. Below these elements, the text 'YOU NEED TO BE AVAILABLE FOR ALL THREE SESSIONS:' is written in white. The dates 'WEDNESDAY 13TH AUGUST', 'THURSDAY 14TH AUGUST', and 'FRIDAY 15TH AUGUST' are listed in large, yellow, hand-painted letters. Below the dates is a green horizontal bar with green paint dripping down from it. To the left of this bar is a green arrow pointing left. To the right is a green arrow pointing up and right. Below the bar, the text 'THE SYMES RESOURCE CENTRE' is written in white. Below this is a QR code. To the right of the QR code is the text 'BS13 0BE' in white. To the right of 'BS13 0BE' is the text 'FOR MORE INFO & TIMES PLEASE SCAN THE QR CODE' in white. At the bottom of the poster is a colorful graffiti border with various tags and colors.

HARTCLIFFE & WYWOOD
COMMUNITY PARTNERSHIP

BRINGING THE COMMUNITY TOGETHER AGAIN!

GRAFFITI

AGE 11-16

OLIVAR

Your
Holiday
HUB
Bristol

YOU NEED TO BE AVAILABLE FOR ALL THREE SESSIONS:

WEDNESDAY 13TH AUGUST
THURSDAY 14TH AUGUST
FRIDAY 15TH AUGUST

THE SYMES RESOURCE CENTRE

BS13 0BE

FOR MORE INFO &
TIMES PLEASE
SCAN THE QR CODE

HWCP - Treetop Adventure Golf session 7th August



A promotional poster for a Treetop Adventure Golf session. The top section features a wooden sign with the text 'TREETOP ADVENTURE GOLF' in green and white letters. Above the sign, a banner reads 'BRINGING THE COMMUNITY TOGETHER AGAIN!'. To the left of the sign is a circular logo for 'HARTCLIFFE & WITHTWOOD COMMUNITY PARTNERSHIP'. Below the sign are two circular images: one showing a tree with a blue light beam and another showing a golf course with a thatched hut. To the right of these images is the text 'AGE 12 - 17'. Below the images, the text 'Your Holiday HUB Bristol' is displayed. The main text block reads 'THURSDAY 7TH AUGUST 2025', 'PICK UP : THE SYMES RESOURCE CENTRE', 'BS13 0BE', and '11:00AM - 3:00PM'. To the right of this text is an image of several golf clubs. At the bottom left is a QR code, and to its right is a curved arrow pointing to the text 'Please scan the QR code to book your space'.

BRINGING THE COMMUNITY TOGETHER AGAIN!

**TREETOP
ADVENTURE
GOLF**

AGE
12 - 17

THURSDAY 7TH AUGUST 2025
**PICK UP : THE SYMES
RESOURCE CENTRE**
BS13 0BE
11:00AM - 3:00PM

**Your
Holiday
HUB**
Bristol

Please scan the QR
code to book your
space

HARTCLIFFE & WITHWOOD
COMMUNITY PARTNERSHIP

BRINGING THE COMMUNITY TOGETHER AGAIN!

SPORTS DAY

TUESDAY 12TH AUGUST 2025

12:00PM - 3:00PM
AGE 8- 12

HARECLIVE E-ACT ACADEMY
MOXHAM DRIVE
BS13 0HP

Your Holiday HUB
Bristol

Please scan the QR code to book your space

HWCP - ACTA Drama session Tuesday 19th August in BS13

HARTCLIFFE & WITHTWOOD
COMMUNITY PARTNERSHIP

BRINGING THE COMMUNITY TOGETHER AGAIN!

ACTA DRAMA

AGE
8-12

**TUESDAY
19TH AUGUST 2025
10:00AM - 2:00PM**

HARTCLIFFE METHODIST CHURCH
51 MOWCROFT ROAD
BS13 0LT

**Your
Holiday
HUB**
Bristol



PLEASE SCAN THE
QR CODE TO BOOK
YOUR SPACE

BRINGING THE COMMUNITY TOGETHER AGAIN!



SWIM AND CLIMB



THURSDAY 21ST AUGUST 2025
HENGROVE PARK LEISURE CENTRE
BS14 0DE
11:00AM - 2:00PM
AGE 12- 17



Please scan the QR
code to book your
space





BRINGING THE COMMUNITY TOGETHER AGAIN!

Family Arts & Crafts

Wednesday 27th August 2025
The Symes Resource Centre,
BS13 0BE
11:00am - 2:00pm



**An opportunity to design & make your own family emblem
and a chance to prep & have lunch.**



**Please scan the QR
code to book your
space**



Community Fun Day

Activities for children & all!

Drop-in Health Checks

Free Food

Tuesday 29th of July 2025, 11am - 3pm
at
Knowle West Health Park
Downton Road,
BS4 1WH

If you or your organisation want to be involved, please contact us!
Email: hari.ramakrishnan@nhs.net

 **Swift**
Primary Care Network

 **KNOWLE WEST HEALTH PARK**

 **NHS**



Heart of BS13 - Free Summer holiday workshops for 8-16 year olds



SUMMER HOLIDAY WORKSHOPS FOR 8-16 YEAR OLDS

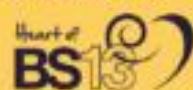


**COOKERY. CAMPFIRES. NATURE CRAFTS. GAMES.
DATES THROUGHOUT THE HOLIDAYS**

Open to children who receive free school meals and their families.
Spaces available on some sessions for children who do not receive free school meals.

Booking essential. To book, visit our website or scan the QR code.

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



Redcatch Community Garden - Free Summer holiday activities timetable

Redcatch Community Garden Summer Holiday Timetable

More information & booking can be found using QR code




Roots cafe open every day from 9.30-4.30
Happymess every Wednesday 10-11am
Summer holiday activity pack available to buy at Roots Café

Monday 28th, Tuesday 29th, Wednesday 30th & Thursday 31st July
Monday 4th, Tuesday 5th, Thursday 7th & Friday 8th August

YHH Free Summer Holiday Club for children aged 8-16 in receipt of benefit-related free school meals or who have special educational needs

Monday 12th August 9am-4pm	Theatre in the Garden Play Day Play in a Day Theatre session £39.50	Friday 22nd August 10.30-12.00	Nature Sprouts Printing workshop £6 per child, accompanied children 5+
Tuesday 12th August 2-3.15pm, 3.45-5pm	Silent Disco Headphone tickets £6.50 Attendee tickets £3.00	Tues 26th August 2.30-3.45pm	Magical Moon Frozen Dance Show with Elsa £7 per child Includes drink & cupcake
Weds 13th August 9am-4pm	Theatre in the Garden Play Day Play in a Day Theatre session £39.50	Weds 27th August 12:30-1:45pm & 2:45-4pm	George's Summer Science A wonderful world of experimentation with George's Summer Science Workshops Tickets £6 each
Thursday 14th August 10am-12pm	Community Nature event Free event Pizza making & salad boxes For children aged 6+	Friday 29th August 12:30-1:45pm & 2:45-4pm	Circus Circus shows & workshops £6 per person
Weds 20th August 12-1.30pm	Happymess + Junk modelling, colouring & activities For children aged 4-10 £5 per child, £4 siblings		

www.redcatchcommunitygarden.com
Redcatch Park. Broadwalk. Knowle BS4 2RD



Redcatch Community Garden - Free Summer holiday cooking, craft and games



Free Summer Holiday Club Cooking, Craft and Games

For children aged 8-16 who receive benefits-related free school meals or who have special educational needs

28th , 29th , 31st July, 4th , 5th , 7th & 8th
August

9.30am-1.30pm
30th July
11.30am-3.30pm

Redcatch Community Garden, Knowle

A hot meal will be provided.

This is a SEND Friendly Provision - the small group, flexible nature of the offering means it is accessible and appealing for the SEND community

Book here 

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



LPW - Summer play sessions in Brislington



Play Sessions

Every Thursday in Summer!

1-3pm

Where?

Victory Park
School Road
Brislington
BS4 4NE

What?

Arts and crafts
Nature activities
Food included

Free to all!

For more information
contact Carly on
07442843856

LPW Learning Partnership West

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



The image shows a young boy with short brown hair, wearing a white t-shirt, sitting at a wooden table. He is using a yellow marker to draw on a circular blue board. On the table, there are several other similar boards, some with drawings, and various colored markers. The background is a wooden wall.


The Big Hideout


Summer Holiday Sessions

Mon-Fri
Summer Holidays
11am - 3pm

Where:
Teyfant Road
Bristol BS13 0RF

What?
Arts and crafts
Sports and play
Food included
Free to all!

Registration form
completed on the day.

For more information
contact Dani
07732691088

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

Youth Moves Year 6 Takeover

FREE

Open to all young people moving from year 6 to year 7.

All Year 6s are invited to join us at Youth Moves to celebrate an end of an era with classic youth club fun and learn all about what Year 7 has to offer. Exciting activities, games, information about moving up to Year 7 and a chance to meet other young people who may be attending the same school. Meet new people, try new things and have fun. Also, an introduction to youth club and the team who will be running 224!

When? Friday 18/07/25

Where? Youth Moves,
The Park Centre



Scan the QR code to book!



Youth Moves - Summer holiday activities for 12 - 14 year olds



WHAT'S ON INTERs SUMMER EDITION

Aged 12 - 14 and ready for an epic summer? From outdoor adventures to creative takeovers and chilled youth club vibes – Youth Moves has your summer sorted!

Open to all aged 12- 14, but priority given to those on benefits-related free school meals.

Week 1
Friday 1st August - 6pm - 8pm - Inters Youth Club

Week 2
Friday 8th August - 6pm - 8pm - Inters Youth Club

Week 3
Friday 15th August - 6pm - 8pm - Inters Youth Club

Week 4
Friday 22nd August - 6pm - 8pm - Inters @ The Roundhouse

Week 5
Friday 29th August - 3pm - 6pm - Inters Park Session @ Redcatch Park

No need to book - just turn up!

 **Youth Moves, The Park Centre, Daventry Road, Bristol, BS4 1DQ**

Youth Moves - Summer holiday activities for under 12 year olds



WHAT'S ON JUNIORS
SUMMER EDITION

Under 12 and ready for an epic summer? From outdoor adventures to creative takeovers and chilled youth club vibes – Youth Moves has your summer sorted!

Open to all under 12, but priority given to those on benefits-related free school meals.

Week 1

- Monday 28th July - 10am - 2pm - Juniors Youth Club
- Tuesday 29th July - 10am - 2pm - Northern Slopes Scavenger Hunt
- Thursday 31st July - 10am - 2pm - Outdoors Adventure @ The Roundhouse

Week 2

- Monday 4th August - 10am - 2pm - Juniors Youth Club
- Tuesday 5th August - 10am - 2pm - Creative Takeover
- Thursday 7th August - 10am - 2pm - Outdoors Adventure @ The Roundhouse

Week 3

- Monday 11th August - 10am - 2pm - Juniors Youth Club
- Tuesday 12th August - 10am - 2pm - Team Challenge Day
- Thursday 14th August - 10am - 2pm - Outdoors Adventure @ The Roundhouse

Week 4

- Monday 18th August - 10am - 2pm - Juniors Youth Club
- Tuesday 19th August - 10am - 2pm - Creative Takeover
- Wednesday 20th August - 12pm - 4pm - Youth Moves Cup community event - open to all ages
- Thursday 21st August - 10am - 2pm - Outdoors Adventure @ The Roundhouse

Week 5

- Tuesday 26th August - 10am - 2pm - Juniors Youth Club
- Thursday 28th August - 10am - 2pm - Outdoors Adventure @ The Roundhouse

Book now to secure your space!



Square Food Foundation - Summer holiday cookery sessions for 8 - 14
year olds



FULLY FUNDED

Square Food Foundation

For 8-14 year olds in receipt of
Benefits Related Free School Meals

-  Prepare tasty food
-  Meet new people
-  Learn new skills



Tuesdays, Wednesdays & Thursdays
July 29th - August 21st



To book your place
scan the QR code below!
or email:
info@squarefoodfoundation.co.uk
or call: 0117 462 2686

St Annes House - Summer holiday sessions

Activity programme

SUMMER SERIES

Workshops in art, nature, food,
and sound!
Free for age groups, 8-12 & 13-18.



Come along to as many sessions
as you'd like! Book here: ➔

**ST
ANNE'S
HOUSE**
www.stanneshouse.org
@bricksbristol



Week 1 - 04 Aug

Seaside Visit

Tuesday 05 August, 13am-6pm
'We're all going to the seaside' - join us for a fun trip to
Breen Beach in Somerset!

➔ Ages 13-18



Natural Tile Making

Wednesday 06 August, 10:30am-2:30pm
Make your own tiles using local clay and natural
materials. You'll learn how to shape and decorate
them using simple techniques. No experience needed
- just come ready to get creative (and a bit messy).

➔ Ages 8-12



Week 2 - 11 Aug

Campfire Hangout

Tuesday 12 August, 4pm-6pm
Explore into St Anne's woods and cook up s'mores,
burgers, and hot dogs whilst we chat and enjoy being
outside in nature.

➔ Ages 13-18

Screenprint & Stitch

Wednesday 13 August, 10:30am-2:30pm
Join illustrator Sanni for a relaxed session of screen
printing and stitching. You'll design your own textile
banner or wall hanging, layering up colours, shapes
and stitched text to create something totally unique.

➔ Ages 13-18



Ghosts of the Sun Cyanotypes

Thursday 14 August, 10:30am-2:30pm
This hands-on workshop introduces you to cyanotype
- one of the oldest photographic printing processes in
history. We'll use it to explore and tell stories inspired
by our local ancient woodland.

➔ Ages 13-18

Week 3 - 18 Aug

Campfire Hangout

Tuesday 19 August, 4pm-6pm
We'll start with a gentle wander through the woods
before heading back to the campfire. More time
outside, more time to chat, some good food.

➔ Ages 13-18

Foraging & Food

Wednesday 20 August, 10:30am-2:30pm
We'll head out into the woods to forage and explore
the local landscape, learning about edible plants along
the way. Back in the kitchen, we'll make fresh
laminated pasta using what we've found. It's a hands-
on, sensory day that ends with us sharing a meal
we've made together.

➔ Ages 8-12



Week 4 - 25 Aug

Campfire Hangout

Tuesday 26 August, 4pm-6pm
This time, we'll listen more closely to the woods and
tune in to what's around us, before setting up the
BBQ one last time.

➔ Ages 13-18

Botanic Murals

Wednesday 27 August, 10:30am-2:30pm
Work together to design and create a large-scale
mural using stencils and spray paint. You'll learn about
composition and scaling up artwork, and get the
chance to express yourself on a big canvas in a
collaborative, energetic workshop.

➔ Ages 13-18



Rhythms of the Earth

Thursday 28 August, 10:30am-2:30pm
Discover how the Earth creates sound. From tectonic
rumbles to underground echoes, we'll use guitar
pedals, drawing machines and turntables to turn
natural vibrations into experimental sound and visual
art. A playful, hands-on session for anyone into music,
nature or just making weird and wonderful things.

➔ Ages 13-18

Whether you want to try something completely
new or spend time doing what you already love,
this is a chance to get hands-on, learn new skills,
and be part of something fun and creative.

Programme Facilitators:

Community Pottery
@thecommunitypottery / thecommunitypottery.co.uk
Sanni Pylhänniska
@sannilustrates / sannilustrates.com
Jo Chalkblack
@chalkblack_10 / chalkblack.com
Elise Bozzarelli
@elisebozzarelli / elisebozzarelli.co.uk
Melo Murals
@melo.murals / melomurals.cargo.site
Copper Sounds
@coppersounds / coppersounds.co.uk

Book your FREE place:



➔ or visit the event page at
tinyurl.com/SAH-SummerYouth

St Anne's House & Bricks

Youth Programme

Since speaking with local residents in 2021, Bricks
has been responding to the need for youth provision
in the St Anne's area. We've since launched a regular
weekly youth club and delivered over six holiday
programmes for young people aged 13 and up.
To find out more about our youth work at St Anne's
House, visit www.stanneshouse.org or get in touch
with Holly at holly@bricksbristol.org / 07718106953.

Beezee Families - Rainy day activities



Looking for free rainy day activities?



The summer holidays are just around the corner and while we're hoping for more sunshine, you never know.

Looking for ways to get the kids moving more and using screens less? We're here to help!

Check out our rainy day activities.

Our **FREE** healthy lifestyle programme, **Beezee Families**, can help you get moving, find tasty recipes, and have fun no matter the weather!

Scan the code to sign up today

...or click here to get started



bri.maximusuk.co.uk

Get a **FREE** summer activity pack



Find out more on our website

Make an indoor obstacle course



Find a see-through container, fill with water and get experimenting!

Have a dance party



Try a new healthy recipe



Host an indoor picnic



Go on a puddle walk



Don't forget the wellies!

Write a play and perform it



*Our courses are designed for families with children aged 3 and up.

25 - 4424

Your Holiday Hub - Summer Activities across Bristol



What's happening in Bristol this summer?

This document provides all the details about the fully funded activities taking place across Bristol during the summer holidays. You'll find information on what's happening, where, when, and who it's for! Each activity listing includes a link to the provider's Your Holiday Hub page, so you can contact them directly if you have any questions.

Bristol's holiday programme, **Your Holiday Hub**, is funded by the Department for Education's Holiday Activities and Food (HAF) Programme. It offers exciting, enriching activities and nutritious meals for **school-aged children eligible for benefits-related free school** meals during the spring, summer, and winter breaks.

Children who are not eligible for benefits-related free school meals can still join in the fun through **Open Access** sessions— please see below for details.

If your child has special educational needs or disabilities (SEND), please contact the activity provider directly to discuss how they can best support your child's needs.

Visit: www.yourholidayhubbristol.co.uk



Department
for Education





ACE – Gloucestershire Cricket Club

When? Tuesday, Wednesday and Thursday from July 29th to August 21st

All sessions run from 10:00am - 3:00pm

Ward:

Lockleaze

Where? Trinity Academy Bristol, Romney Avenue, BS7

Who? Ages 8 – 17

[For more information, and to book, click here.](#)



Bizzy Kidz Club

When? Monday to Friday from August 4th to August 29th

All sessions run from 9:00am – 1.00pm

Where? Frome Vale Academy, BS16 2QS

Ward:

Frome Vale

Who? Ages 4 – 11

[For more information, and to book, click here.](#)



Bristol Charities

When? Wednesday July 23rd

11:00am – 2.00pm

Ward:

Frome Vale

Where? Oldbury Court Estate, Oldbury Court Road, BS16 2JH

Who? Ages 0 – 13, adults 18+

[For more information, and to book, click here.](#)



Bristol City Robins Foundation

When? Wednesday 23rd July to Friday 22nd August

Sessions run at different times, visit Your Holiday Hub for details.

Wards:

Filwood

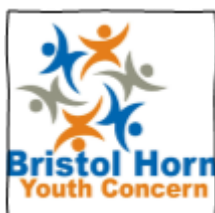
*Hartcliffe and
Withywood*

Lawrence Hill

Where? Different venues, visit Your Holiday Hub for details.

Who? Different ages, visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Bristol Horn Youth Concern

When? Wednesday 23rd July to Thursday 21st August

All sessions run from 12:00am – 4:00pm

Where? Multiple locations, check Your Holiday Hub for details.

Wards:

Central

Easton

Lawrence Hill

Who? Ages 4 – 16

[For more information, and to book, click here.](#)



Bristol Somali Youth Voice

When? Different dates, visit Your Holiday Hub for details.

Where? Different venues, visit Your Holiday Hub for details.

Wards:

Bedminster

Easton Eastville

Frome Vale

Lawrence Hill

St George West

Who? Different ages, visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Bristol Sport Foundation

When? Thursday 24th July to Friday 22nd August

All sessions run from 9:00am-4:00pm

Where? Begbrook or Filton Avenue Primary School

Wards:

Ashley
Frome Vale
Lawrence Hill
Lockleaze

Who? Ages 5 - 11

[For more information, and to book, click here.](#)



Campus Skateparks CIC

When? Tuesday 22nd July to Friday 29th August

All sessions run from 10:00am – 16:00pm

Where? Campus Pool, Whitchurch Lane, BS13 7RW

Ward:

Bishopsworth

Who? Ages 7 – 12

[For more information, and to book, click here!](#)



Chaysestar Entertainment CIC – YBGT Sensory Play Sessions

When? Monday to Thursday in August

All sessions run from 11:00am – 3:00pm

Wards:

Ashley
Easton

Where? Easton Community Centre, Kilburn Street, BS5 6AW

Who? Ages 5 – 16

[For more information, and to book, click here.](#)



Children's Scrapstore

When? Week 1: July 23rd & 24th

Week 2: August 28th, 29th, 30th & 31st

Week 3: August 4th, 5th & 7th

Week 4: August 11th

Wards:

*Avonmouth and
Lawrence
Weston
Frome Vale*

*Sea Mills
Stoke Bishop*

Sessions run at different times, check Your Holiday Hub via the link below for details.

Where? Multiple locations, check Your Holiday Hub for details.

Who? 8+, under 8's must be accompanied by an adult

[For more information, and to book, click here.](#)



Community Of Purpose CIC

When? Monday August 4th to Friday 22nd August

All sessions run from 10:00am – 2.00pm

Wards:

*Avonmouth and
Lawrence
Weston*

Central

Clifton

*Filwood
Hartcliffe and
Withywood
Hotwells and
Harbourside*

*Knowle
Stockwood
Windmill Hill*

Where? Multiple locations, check Your Holiday Hub for details.

Who? Ages 7 - 13

[For more information, and to book, click here.](#)



Eastside Community Trust

When? Wednesday 23rd July to Friday 29th August 2025

All core sessions run from 10.00am – 5.30pm, with sessions for specific groups running at different times. Check the Your Holiday Hub link below for details.

Wards:

Easton

Lawrence Hill

Where? Felix Road Adventure Playground, BS5 0JW

Who? Ages 4 – 16 (evening sessions 11 – 16)

[For more information, and to book, click here.](#)



Full Circle Docklands

When? Mondays, Tuesdays and Wednesday each week from 23rd July to 27th August
All sessions run from 11:00am – 3:00pm (with extra evening sessions available too)

Where? Docklands Community Centre, BS2 8UA

Ward:

Ashley

Who? Ages 8 - 11 (12 – 16 on Wednesdays)

[For more information, and to book, click here.](#)



Fun 4 Families

When? **Week 1:** July 30th, August 1st
 Week 2: August 11th, 13th, 14th & 15th
 Week 2: August 18th, 20th & 22nd

Wards:

*Brislington East
Hengrove and
Whitchurch
Park*

Where? Different venues - visit Your Holiday Hub for details.
Who? Different ages - visit Your Holiday Hub for details.

Stockwood

[For more information, and to book, click here.](#)



Hartcliffe And Withywood Community Partnership

When? Different dates and times - visit Your Holiday Hub via the link below for details.
Where? Different venues - visit Your Holiday Hub for details.

Ward:

*Hartcliffe and
Withywood*

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Hartcliffe City Farm

When? Every Thursday from 24th July to 21st August
 All sessions run from 12:00pm – 4.00pm
Where? Hartcliffe City Farm

Ward:

*Hartcliffe and
Withywood*

Who? Ages 8 - 13

[For more information, and to book, click here.](#)



Hartcliffe Club For Young People

When? Monday 28th July to Friday 22nd August

Sessions run at different times and on different days, check Your Holiday Hub for details.

Ward:

Where? Different venues - visit Your Holiday Hub for details.

*Hartcliffe and
Withywood*

Who? Ages 8 – 16

[For more information, and to book, click here.](#)



Heart of BS13

When? 23rd, 24th and 25th July

All sessions run from 11:00am – 3.00pm

Where? Heart of BS13, Bristol

Ward:

Who? Ages 8 – 16

*Hartcliffe and
Withywood*

[For more information, and to book, click here.](#)



I MAYLA

When? Different days - visit Your Holiday Hub via the link below for details.

Where? Different venues - visit Your Holiday Hub for details.

Wards:

Who? Different ages - visit Your Holiday Hub for details.

Ashley

*Avonmouth and
Lawrence
Weston*

[For more information, and to book, click here.](#)

*Eastville
Hillfields
Stockwood
Shirehampton*



Lawrence Weston And Shirehampton Out Of School Activities

Wards:

*Avonmouth and
Lawrence
Weston
Central
Henbry and
Brentry
Hengrove and
Whitchurch
Park
Westbury-on-
Trym and
Henleaze
Filton
Keynsham*

When? Wednesday 23rd July to Friday 22nd August

Monday to Friday

All sessions run from 9:00am – 5:00pm.

Where? Shirehampton Primary School, St Mary's Walk, BS11 9RR

Who? Ages 4 – 12

[For more information, and to book, click here.](#)



Learning Partnership West CIC

Wards:

*Avonmouth and
Lawrence
Weston
Frome Vale
Hartcliffe and
Withywood
Hillfields*

When? Open every day of the holidays, except bank holidays.

All sessions run from 11.00am – 3.00pm

Where? Different locations - visit Your Holiday Hub for details.

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Munchkins Childcare

When? Tuesday 22nd July to Thursday 14th August

All session run from 9:00am – 1:00pm

Where? Saint Anne's Infant School, Bloomfield Road, BS4 3QJ

Ward:

*Brislington
West*

Who? Ages 4 - 11

[For more information, and to book, click here.](#)



Natural Networks

When? Tuesday 29th July to Friday 29th August

Sessions run at different times, check the Your Holiday Hub link below for details.

Where? Different venues - visit Your Holiday Hub for details.

Ward:

*Ashley
Central Eastville
Hartcliffe and
Withywood
Knowle*

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Oasis Hub North Bristol

When? Wednesday July 23rd to Friday 22nd August

Different times - visit Your Holiday Hub via the link below for details.

Where? Different venues - visit Your Holiday Hub for details.

Wards:

*Avonmouth and
Lawrence
Weston*

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Oasis Hub South Bristol

When? Monday 28th July to Thursday 21st August

Sessions run at different times, click on the link below for details.

Where? Different venues, click on the link below for details.

Who? Different ages, click on the link below for details.

Wards:

*Filwood
Hengrove and
Whitchurch
Knowle*

[For more information, and to book, click here.](#)



Oldbury Court Out of School Club

When? Wednesday 23rd July to Friday 29th August

All sessions run from 9:00pm – 1:00pm

Ward:

Frome Vale

Where? Oldbury Court Out of School Clubs, BS16 2ND

Who? Ages 4 - 12

[For more information, and to book, click here.](#)



Premier Education – Let's Play LTD

When? Wednesday 23rd July to Friday 29th August

Full day: 8:45am – 15:30pm

Half day: 10:00am – 14:00pm

Ward:

Horfield

Where? Horfield Church of England Primary School, BS10 5BD

Who? Ages 5 - 12

[For more information, and to book, click here.](#)



Pro-Coaching

When? Friday 25th July to Friday 29th August

Sessions run at different times, click on the link below for details.

Where? Different venues - visit Your Holiday Hub for details.

Who? Different ages - visit Your Holiday Hub for details.

Wards:

*Henbry and
Bentry
Southmead
St George
Troopers Hill*

[For more information, and to book, click here.](#)



Progressive Kids

When? Wednesday 23rd July to Friday 29th August

All sessions run from 8:30am – 3:00pm

Where? Fair Furlong Primary School, BS13 9HS

Wards:

*Bedminster
Brislington East
Brislington West
Hartcliffe and
Withywood
Henbury and
Brentry*

Who? Ages 4 -11

[For more information, and to book, click here.](#)



Redcatch Community Garden

When? Monday to Thursday from July 28th to August 8th

These sessions run from 9:30am – 1:30pm
(30th July @ 11:30am – 3:30am)

Where? Redcatch Community Garden, Knowle, BS4 2RD

Who? Ages 8 - 16

Ward:

Knowle

[For more information, and to book, click here!](#)



Teachsport & Buzzers @ Glenfrome Primary

Ward:

Eastville

When? Wednesday 23rd July to Friday 29th August

All sessions run from 10.00am – 4.00pm

Where? Glenfrome Primary School, Bristol

Who? Ages 6 - 11

[For more information, and to book, click here.](#)



The Ranch (Southmead Adventure Playground)

Wards:

*Henbury and
Brentry
Horfield
Southmead*

When? Wednesday 23rd July to Thursday 28th August

All sessions run from 12.00pm – 4.00pm

Where? The Ranch, Southmead Adventure Playground, BS10 5PP

Who? Ages 0 - 12 (*Under 8s must be accompanied by an adult*)

[For more information, and to book, click here.](#)



Square Food Foundation

Ward:
Knowle

When? Tuesdays and Wednesdays from July 29th to August 20th.
All sessions run from 10.00am – 2.00pm

Where? Square Food Foundation, The Park Centre, BS4 1DQ

Who? Ages 8 - 11

[For more information, and to book, click here.](#)



Ward:
Ashley

St Agnes Adventure Playground

When? Wednesday 23rd July to Monday 1st September
All sessions run from 12.00pm – 4.00pm

Where? St Paul's Adventure Playground, BS2 9LN

Who? Ages 8 – 16

[For more information, and to book, click here.](#)



Ward:
Central

St Mary Redcliffe PCC (Redcliffe Hub)

When? Different days and times - visit Your Holiday Hub via the link below for details

Where? Different venues - visit Your Holiday Hub for details.

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Ward:
Filwood

Streetspace Knowle

When? Different dates - visit Your Holiday Hub for details.

Where? Different locations - visit Your Holiday Hub for details

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Sunflower Collective CIC

When? Tuesday 12th August to Thursday 21st August

Where? Hannah More Primary School, BS2 0LT

Ward:
Easton

Who? Ages 5 – 15, African and Caribbean children

[For more information, and to book, click here.](#)



Swift Sports Coaching

When? Monday 28th July to Friday 22nd August

All sessions run from 8.45am – 4.00pm

Wards:

*Bishopsworth
Brislington East
Brislington West
Hartcliffe and
Withywood*

Where? St Peter's Primary School, BS13 8EF

Who? Ages 5 - 11

[For more information, and to book, click here.](#)



The Vench – Groundwork South

When? Wednesday 23rd July – Friday August 29th

All standard sessions run from 10.00pm – 2.00pm

(Youth Sessions run on Tuesdays 3.00pm – 5.00pm)

Ward:

Lockleaze

Where? The Vench, Romney Avenue, BS7 9TD

Who? Ages 8 – 12 (Youth Sessions for 12 – 16)



Unique Voice

When? Wednesday 23rd July to Thursday 21st August

Where? Different locations - visit Your Holiday Hub for details.

Wards:

*Brislington East
Central
Eastville
Hartcliffe and
Withywood
Hengrove and
Whitchurch
Hillfields
Lockleaze
Southmead*

Who? Different locations - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Unity Holiday Hub

When? Thursday 24th July, Thursday 4th & Thursday 21st August

All sessions run from 11:00am – 3.00pm

Where? Lawrence Weston Community Farm, BS11 0NJ

Who? Ages 5 - 16

Wards

*Avonmouth and
Lawrence
Weston
Eastville*

[For more information, and to book, click here.](#)



uSports

When? Tuesday 23rd July to Friday 29th August
(across different venues)

All sessions run from 9:00am – 4:00pm

Where? Parson Street. Two Mile Hill & Ashton Vale Primary

Who? Ages 5 - 12

Wards:

*Bedminster
Kingswood*

[For more information, and to book, click here!](#)



Windmill Hill City Farm

Ward:

When? Mondays from 28th July to Monday 18th August
Wednesdays from 23rd July to 27th August
All sessions run from 10:00am – 2.00pm

Where? Windmill Hill City Farm

Who? Ages 6 - 13

[For more information, and to book, click here.](#)



Young Bristol

Wards:

*Avonmouth and
Lawrence
Weston
Bedminster
Bishopsworth
Stockwood*

When? Monday July 28th to Wednesday 27th August
Sessions run at different times - visit Your Holiday Hub via the link below for details.

Where? Different venues - visit Your Holiday Hub for details.

Who? Different ages - visit Your Holiday Hub for details.

[For more information, and to book, click here.](#)



Youth Moves

When? Thursday 24th July to Friday 29th August
Sessions run at different times - visit Your Holiday Hub via the link below for details.

Where? Youth Moves, The Park Centre, Daventry Road, BS4 1DQ

Who? 8–11 for Junior, 11–14 for inters, 13–19 for Seniors.

[For more information, and to book, click here.](#)

We hope you've found something exciting to do this summer!

www.yourholidayhubbristol.co.uk



Unique Voice - Creative Arts Summer Holiday Club (Primary school age)



A vibrant poster for the 'Creative Holiday Club' by Unique Voice. The top half has a yellow background with a circular photo of two young boys. The bottom half has a blue background with white and yellow text and graphics. A pink cloud-like shape contains the main title. A yellow circle highlights the 'NO COST!' feature. A list of activities is on the left, and details about time, location, and eligibility are on the right. Contact information and logos are at the bottom.

UNIQUE VOICE

Creative Holiday Club

Reception - Year 6

Activities

- Arts and Crafts
- Drama
- Games
- Outdoor play

When?

10am - 2pm
Dates from 23rd July - 21st August 2025

Where?

Sites across Bristol & South Glos

NO COST!*

*All club places are fully funded (no cost) and children must be in receipt of benefits-related Free School Meals to be eligible for a place.

Any questions?
Call/Text
087 428 8240 or 07931 94685
Email: kitty@uniquevoice.org

To find out more visit our booking page here
www.eeqy.org/uniquevoice

Your Holiday HUB
South Gloucestershire
Delivering for you



Unique Voice - Creative Arts Summer Holiday Club (Secondary school age)

A promotional poster for the 'Creative Arts Club' by 'Unique Voice'. The background is dark with colorful abstract shapes in yellow, blue, and pink. At the top left is the 'UNIQUE VOICE' logo. The main title 'Creative Arts Club' is in large white font with three stars to its right. Below it, 'For ages 11-16' is written. A yellow box on the right says 'No cost!' with a note about eligibility for Free School Meals. The poster is divided into sections: 'WHEN' (Fridays 25th July, 1st, 15th, 22nd August; Monday 11th - Thurs 14th August), 'WHERE' (Various schools in Bristol & South Gloucestershire), 'FOOD' (Free hot lunch, dessert and snacks), and 'ACTIVITIES' (Performance, Games, Multi media arts, Photography, Drawing). A 'TO BOOK' section includes a QR code and a website link. At the bottom, there's a 'Questions?' section with contact details and a photo of three young people, one playing a guitar. Logos for South Gloucestershire, Your Holiday HUB, and the Department for Education are at the very bottom.

UNIQUE VOICE

Creative Arts Club

For ages 11-16

Learn creative skills and meet new people this summer!

WHEN
Fridays 25th July, 1st, 15th, 22nd August
Monday 11th - Thurs 14th August

WHERE
Various schools in Bristol & South Gloucestershire.
See link for details.

FOOD
Free hot lunch, dessert and snacks

ACTIVITIES

- Performance
- Games
- Multi media arts
- Photography
- Drawing

TO BOOK
Scan the QR code or visit
<https://eequ.org/uniquevoice>

Questions?
Call/Text:
0117 428 6240 or 07831 914685
Email: kitty@uniquevoice.org

Logos: South Gloucestershire, Your Holiday HUB, Department for Education

This provision has been supported by funding from Bristol City Council & South Gloucestershire Council via the DfE

FREE BMX SESSIONS



**HARTCLIFFE
PUMP TRACK
SATURDAYS
12:00-14:00**



- Sign-up on the day
- All abilities welcome
- Bikes and helmets are provided for free
- Wear long sleeves and trousers

Facebook: Hartcliffebmx
Email: : hartcliffebmx@gmail.com
Whatsapp 07590796683

Registration QR



Come and try BMX!



**Volunteers
wanted!**
Get in touch to find
out more

Imperial Sports Ground - Super Sense sensory room

Imperial Sports Ground's Super Sense sensory room – one of the largest sensory rooms in the UK – was specifically developed to provide a safe sanctuary for children with special educational needs and disabilities (SEND children).

We offer various booked sessions of 60 minutes each for children and young people with additional needs and disabilities – from new-born to adults – together with their families (siblings are always welcome).

Parents and carers can attend our sessions for free but are required to supervise their dependents during the sessions.

Our SEND sessions – all sessions are 1 hour long and are £4 per participant.



RAINBOW SESSION: This session is for any child with any disability and their siblings and friends



YELLOW SESSION: These are quieter sessions for those with sensory needs that need a quieter and calmer environment



ORANGE SESSION: This session is designed for children with special educational needs or disabilities that don't mind being in a loud environment around others



GREEN SESSION: This session is designed for adults aged 18 and over with special educational needs or disabilities. Suitable for adults with cerebral palsy and learning difficulties

Our sensory room is also very beneficial for babies and toddlers. We provide a calming and soothing space for babies and toddlers to explore and interact with their environment through light, sound and touch.

Our Baby & Toddler sessions - all sessions are 1 hour long and are £6.80 per participant.



0 – 18 months old baby session



0 – 6 years old mixed age session

Open 7 days a week including school holidays. Opening hours 9am – 5pm (hours may vary)

Can find us at: Imperial Sports Ground, West Town Lane, Bristol, BS14 9EA

Contact information: 01179038681 or Email: keeleyley@imperialsportsground.co.uk



*Services and
opportunities
for
Parents/Carers*

Bristol Family Hubs - Free Bristol Parenting Groups



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:

Listening

Play

Nurture

Praise

Empathy

Connection

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.



South Family Hubs - weekly drop-in session at HWCP



FAMILY HUB IN SOUTH BRISTOL

WELCOME

SUPPORT

 Family Hubs offer information, advice and help to all families in Bristol.

Support you and your family to access other services and information.

You can use Family Hubs if you're:

- Expecting a baby
- A family with children aged from 0 to 19 or,
- up to 25 for young people with special educational needs and disabilities (SEND)

Come and talk to us and you will have a wonderful conversation with Liam & Diane our Family Hub Navigator

Drop-in session
09:00 - 11:00
Every Wednesday

 HWCP
Symes Resource centre
Bristol BS13 0BE

 **07787223563 (Liam)**
07387056301 (Diane)
Phone or Message

 Southfamilyhub@bristol.gov.uk



Home or Out Alone

As your child gets older, it's likely they'll want a bit more independence. Staying home or going out without you is a natural step for them to take — when the time is right.

It can be hard to decide whether your child is ready. There's a lot to think about. And a lot you might be worried about. This guide is designed to reduce that worry, by helping you make the right decision for you and your child.



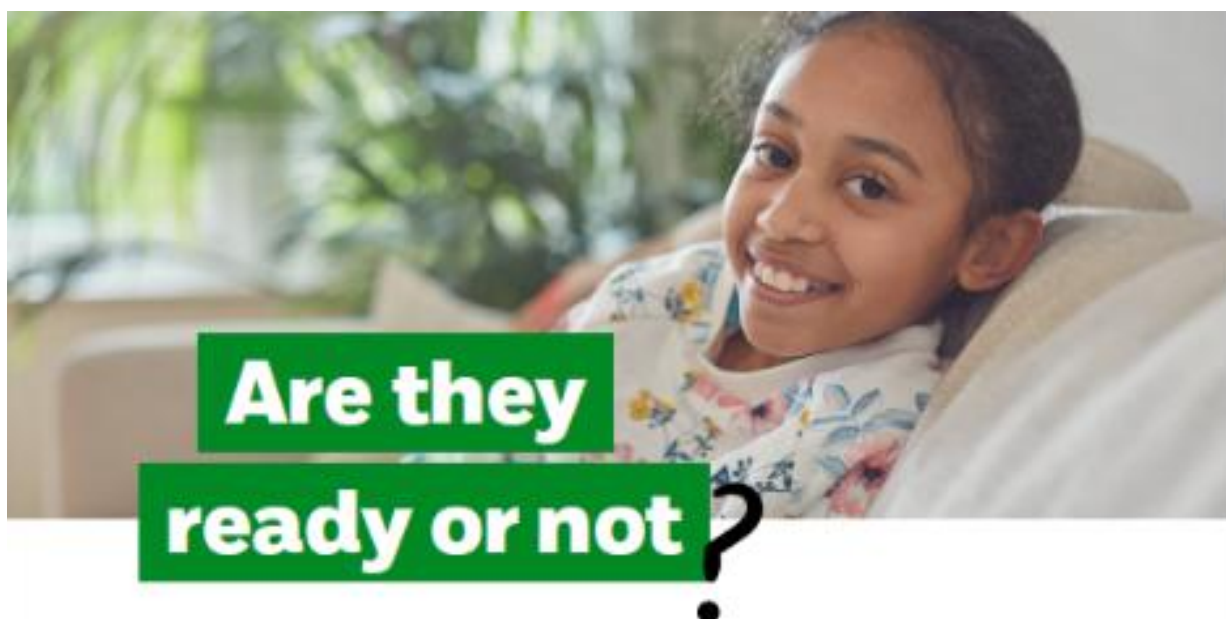


**Every family is different, so
make this guide your own**

You can make notes on it,
customise it, pick and choose
the bits that are relevant –
whatever works for you!

What's inside

- 4 **Are they ready or not?**
Things to know before
you decide
.....
- 6 **Will they be safe and sound?**
A checklist to help you
keep them safe when you're
not around
.....
- 12 **If not you, then who?**
Clubs, childcare and leaving
them under other supervision
.....
- 14 **Want to talk this through?**
Extra support to help you
decide, if you need or want it



Are they ready or not?

Things to know before you decide

There's no legal age limit for a child to stay home or go out alone, but it's against the law to leave a child alone if it puts them at risk.*

Every child is different, so it's up to you to decide whether they're ready. But there are a few key things to know, that should help you make your decision.

*Parents can be prosecuted if they leave a child unsupervised 'in a manner likely to cause unnecessary suffering or injury to health'.
[gov.uk/law-on-leaving-your-child-home-alone](https://www.gov.uk/law-on-leaving-your-child-home-alone)

Things to know before they stay or go:

The first thing you might think about is their age and maturity.

- **Do you think they're old enough?**
- **How long could they cope on their own?**
Remember, for a younger child half an hour can feel like a long time.
- **Can they deal with risks?**
- **Will they behave responsibly?**
- **Will they be safe?**
- **Perhaps most importantly, how does your child feel about this idea?**

Some children like to take every opportunity to show they can be grown up, they might be really keen to be left 'in charge'.

Others will feel nervous about the responsibility.

Things to know before they stay home alone:

.....

- **A baby or young child should never be left alone, not even for a few minutes — whether they're asleep or awake**

Most accidents happen at home, and children under five are most at risk of getting hurt.

- **Is your home safe for them?**

Check that the fire alarms, locks and windows are working, leave a spare set of keys out and make sure they can get food or use the bathroom if they need to.

Consider if there's anything that could hurt them and how you could reduce that risk, eg by putting sharp objects, alcohol and medicine out of reach or view.

- **Can they contact you? Or someone else?**


Make sure they have your number and have access to a phone, so they can call you if they need you. Keep your phone on you, on loud if possible.

Also leave a list of other trusted adults to call: neighbours, relatives or family friends who live nearby. And, just in case, remind them to call 999 if there's an emergency.

Things to know before they go out alone:

- **Where do they want to go?**
- **What do they want to do?**
- **Who will they be with?**
- **How far will they travel?**
There's a big difference between walking to the corner shop and going into town, for example.
- **What time will they be out?**
Consider if it's safe for them to be out late, or after dark.

The next section will help you cover these questions with them.





A checklist to help you keep them safe when you're not around

Here are some useful tips to help you prepare your child for being alone, whether they're out or at home. Go through the list with your child, treating each checked off item as another step towards them being safe and sound when you're not around.

Need to knows

There are a few basic things your child should know before they can stay home or go out alone.

For staying home

- ☑ Their parent or carer's number
- ☑ Another trusted adult's number
- ☑ A trusted adult they could go to in person, in an emergency

For going out

- ☑ Their full name
- ☑ Their address
- ☑ Two trusted adults' phone numbers (include the home number, if you have one)
- ☑ How to cross roads safely

What ifs

.....

Talk to your child early on about scenarios they might face and how to stay safe. Ask them what they'd do and how they feel about them. Doing this will give you both peace of mind.

When they're home alone, what if...

- ☉ They're hungry and want some food?
- ☉ There's a power cut?
- ☉ They smell gas?
- ☉ A broken tap floods the bathroom?
- ☉ There's a fire?
- ☉ A stranger knocks at the door?
- ☉ You're out for longer than you thought?
- ☉ They hurt themselves?

When they're out alone, what if...

- ☉ A stranger tries to talk to them, or take them somewhere?
- ☉ Someone they know tries to take them somewhere, without asking you?
- ☉ Someone bullies them?
- ☉ Someone offers them alcohol or drugs?
- ☉ Someone asks them to do something they're not comfortable with?
- ☉ They're stopped by the police?
- ☉ Their phone battery dies? (if they have one)
- ☉ They get hurt?



Boundaries

Setting clear boundaries will help you and your child know how they should behave when you're not around. It's a good idea to agree on some house or outside rules that suit their maturity before you leave them alone. You could even write up an agreed list.

House rules

Ask yourself questions like:

- Who can they have over, if anyone?
- What devices or online apps, games and sites can they use? And who is it ok to talk to online?
- How long can they spend on them?
- What can they do in the kitchen?
- Where in the house can they go?
- Who can they tell that they'll be home alone?
- Can they leave the house?



8

Outside rules

Ask yourself questions like:

- How far from home can they go?
- How long can they stay out?
- Who can they go out with or meet?
- When is their agreed home time?
- What activities are ok for them to do?

Trial runs

If you think they might be ready, but still aren't sure, why not do a trial run?

Trialling staying home

Go out for a few minutes and see how they cope. Then gradually build up the length of time you leave them alone for.

Trialling going out

Let them take the lead when you're out together. Only correct them if they do something that puts them at risk.

Building trust

Give your child a chance to build their independence by building your trust. If they keep to rules and boundaries you set, you'll feel more confident letting them do more on their own. So, why not turn these checklist items into chances for them to be rewarded? A scale they can climb to reach even more independence. Something like:

Building trust at home

- 🕒 **Has my child answered our 'what ifs' well?**
Trial them spending time alone for a short period.
- 🕒 **Have they spent the agreed amount of time alone ok?**
Increase the time they're allowed to spend alone.
- 🕒 **Have they kept to our house rules?**
Give them more freedom by tweaking one of the rules.

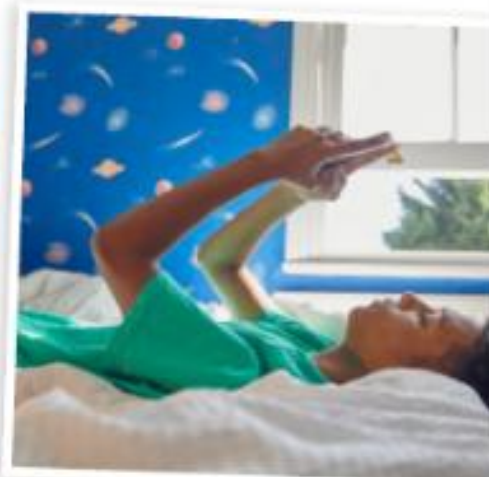
Building trust outside

- 🕒 **Has my child passed their trial run?**
Let them spend time alone for real next.
- 🕒 **Have they kept to our outside rules?**
Give them more freedom by tweaking one of the rules.
- 🕒 **Have they kept to the agreed home time?**
Make their home time a bit later.

Pandering to pressure

Pester power is strong, we know. Your child might insist that they'll be ok on their own, giving all sorts of reasons why they're ready to be alone. But if you're not sure, if there's a niggly of doubt, don't block it out. Trust your instincts. You need to be sure they'll be safe when you're not around.

- 🕒 **Do I, as their parent or carer, feel they're ready to stay home alone?**
- 🕒 **Do I, as their parent or carer, feel they're ready to go out alone?**



Making sure they're happy too

Just as you need to be sure, so do they. If your child is worried about the prospect of being alone, talk this through with them. Asking them these questions is a good place to start:

- ☐ Is there anything that worries you about being left alone?

Example prompts could be:

- *Being left alone for longer than agreed*
- *Not being able to get in touch with you*
- *Someone coming to the door*
- *There being an emergency*

- ☐ Why is it making you worried?

- ☐ What would help you feel less worried?

- ☐ Is there anything else you'd like to talk about?

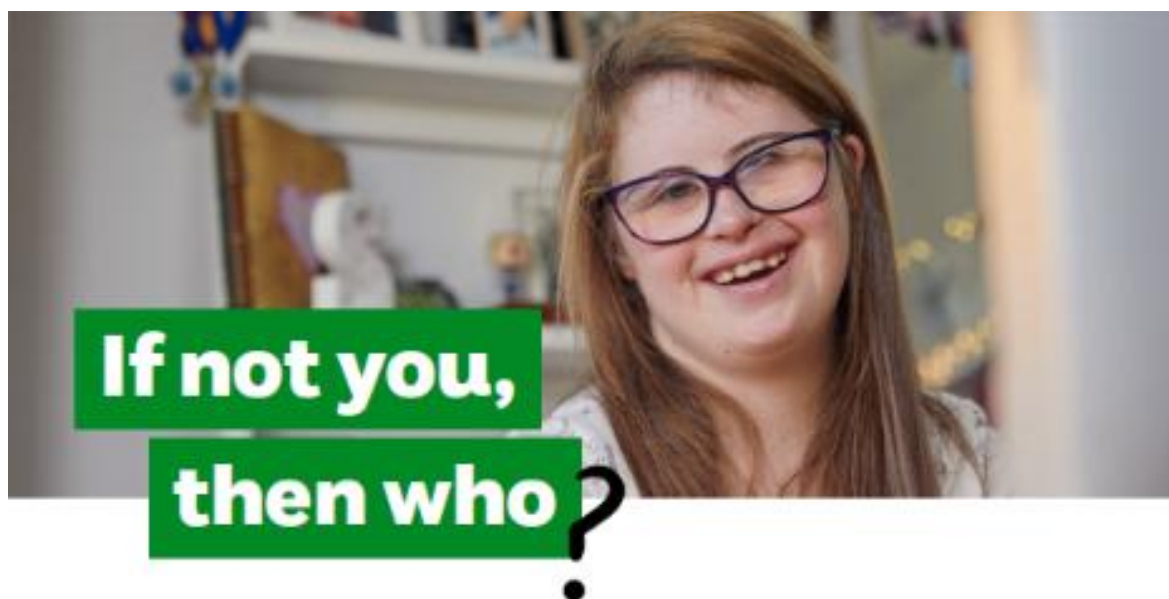
Remember, you should never let a child stay home or go out alone if they're unhappy about it.

Extra needs

There may be a few more things that you and your child need to check off before they're ready to be left alone.

Use this space to add anything we haven't covered to your safe and sound checklist:

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Clubs, childcare and leaving them under other supervision

If you're not sure your child is ready to be left alone, a stepping stone may be leaving them under another trusted adult's supervision.

Home, but not alone

If your child isn't ready to stay home alone but you need to go out without them, you'll need some form of childcare. Choosing the right kind will depend on your child's age and what you both feel comfortable with.

Some options:

Family and friends who you trust

Grandparents who live nearby or other parents — could you set up a childcare swap with them?

A babysitting circle

Join a circle near you or set one up with neighbours and/or parents you know.

Older siblings

Make sure they're comfortable and able to look after younger siblings — especially if they're looking after more than one.

Nurseries

They usually look after children up to school age.

Childminders

They take care of children of a range of ages in their own home.

You'll find registered childminders on these sites:

England and Wales
gov.uk/find-registered-childminder

Scotland
childminding.org

Northern Ireland
nicma.org

Babysitting agencies

These are good for occasional help. They have to do background checks on any babysitters on their books, so you'll know your child is safe with them.

Independent babysitters

They may not have been through checks, so it's worth meeting them to find out about their experience, ask any niggling questions and perhaps even introduce them to your child. If in doubt, don't hire them.

For more help deciding whether to use a babysitter or childminder, visit nspcc.org.uk/childcare

If you have a child between two and four, you may be able to get free childcare from the government: gov.uk/freechildcare

Out, but not alone

If your child isn't ready to go out alone, there are other ways to give them a little independence, while keeping your peace of mind. Things like:

- **After school or breakfast clubs**
- **Sports clubs**
- **Community centre groups**

If you don't know much about the club or their safety procedures and feel worried about leaving your child, start by asking yourself these questions:

Does the club seem welcoming to you as a parent?

Make sure they give you a point of contact to discuss any concerns.

Can they tell you how they keep children in their care safe?

You should have access to things like the club's child protection policy, staff code of conduct and recruitment procedures.

Are other parents you trust happy with the club?

Perhaps even check their children are happy too.

"When Tariq wanted to join the local football club, I met the coaches first to check it out."

Marlam

Mum to Tariq, 12

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gov.uk/find-registered-childminder

Scotland
childminding.org

Northern Ireland
nirma.org

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"When Tariq wanted to join the local football club, I met the coaches first to check it out."

Marlam

Mum to Tariq, 12

Mindful Parenting & Community Project - Free workshop for parents
& carers

FREE Workshop for Parents/Carers
Wednesday 16th July 9.15-10.45am



When parenting in moments of stress we often forget helpful strategies, but we can learn to train our brain in a very different way.

By the end of this workshop, you will have a number of mindfulness-based approaches that help us to:

Understand our reactions better;

Be more accepting.

Respond to our children more calmly in times of stress.

Enhance our enjoyment of life and re-discover ourselves.

No previous experience of mindfulness needed; come along and find out what it's about!

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

For more info:

www.mpcp.info

mpcp.bristol@gmail.com

Call Suzanne on 07577956911

Date: Wednesday 16th July 2025 @ 9.15 – 10.45am (1.5 hours)

Venue: The Park Primary School, Hollow Road, Kingswood, Bristol, BS15 9TP

Contact: Suzanne Lloyd on 07577 956911 or Debbie Emes, Family Support Adviser Debbie.Emes1@gmail.com

Email: mpcp.bristol@gmail.com

Website: www.mpcp.info

Book your space!



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



Changes Bristol - Telephone Befriending Service



Telephone Befriending Service



Changes Bristol also offers weekly telephone support for up to 6 months for people living in Bristol who may be feeling isolated and/or need help maintain their mental wellbeing.

We know it is so important to have someone to talk to about how you are feeling, what is going on in your life and what challenges you may be facing. Changes Bristol match people with trained volunteer befrienders who will arrange weekly phone calls to see how you are doing and offer a friendly non-judgmental ear.

If you feel that someone who is accessing your service could benefit from a weekly chat with a friendly volunteer to maintain good mental health please get in touch with our befriending team. It is important to note that it is not a crisis service, counselling service or advice line.

To access the befriending service or find out more visit the website:
www.changesbristol.org.uk or email the team at: befriending@changesbristol.org.uk

Mothers for Mothers - Perinatal mental health support



SUPPORTING FAMILIES SINCE 1981

reach@



mothers
for mothers
perinatal mental health support

COUNSELLING
ART
PSYCHOTHERAPY
PEER SUPPORT
GROUP

SEND
SUPPORT
HOME
VISITS

HELPLINE
0117 935 93 66
MON-FRI
10am-9pm



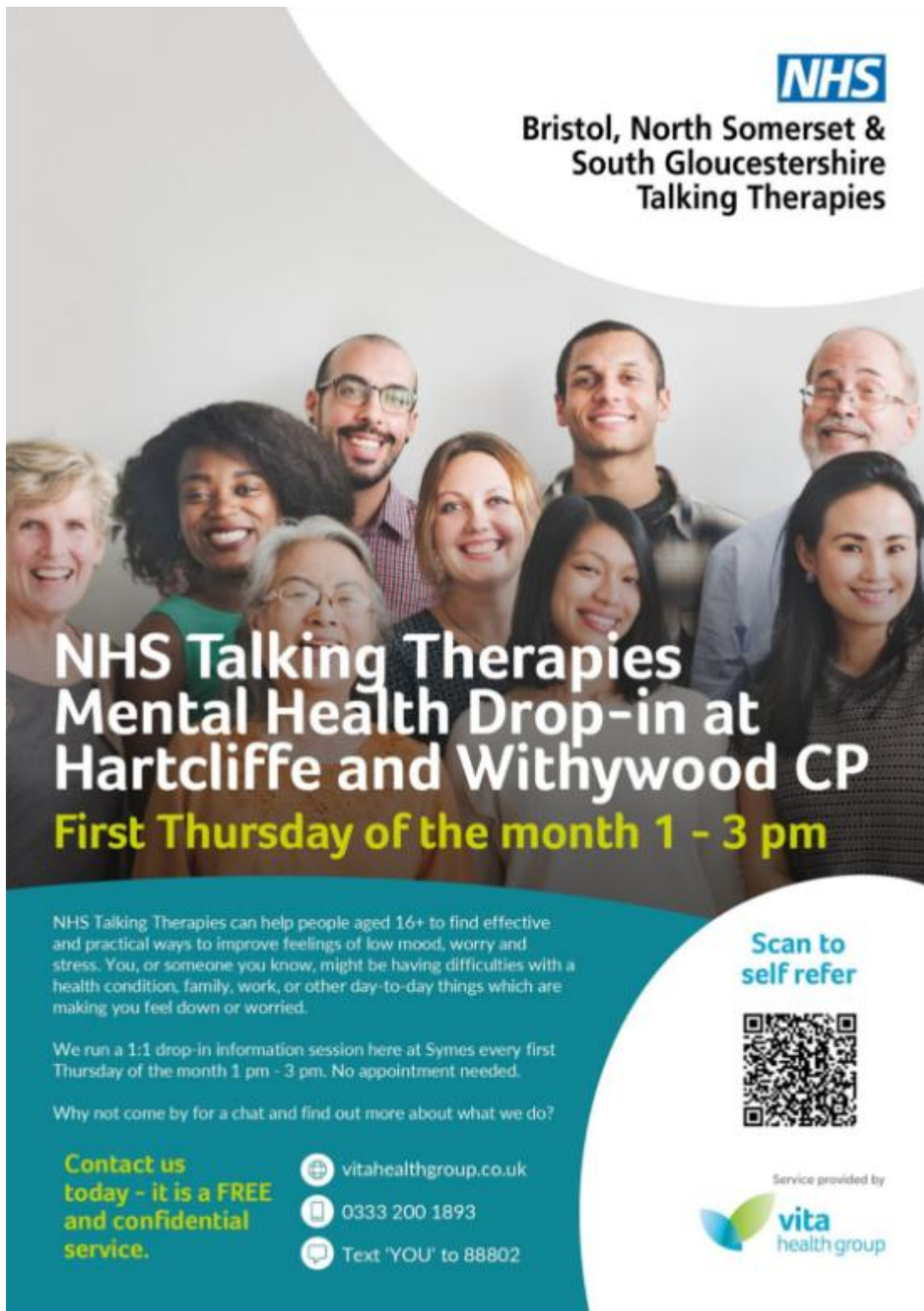
Are you or someone in your family experiencing
anxiety, depression, distress or isolation
during pregnancy and/or after the birth of your baby?
Are you supporting someone who is experiencing this?

CONTACT US

support@mothersformothers.co.uk
www.mothersformothers.co.uk



NHS Talking Therapies - Mental Health drop-in information session in BS13



The poster features a group of diverse people smiling, representing the community served by the service. The background is a mix of light grey and teal.

NHS
Bristol, North Somerset &
South Gloucestershire
Talking Therapies




**NHS Talking Therapies
Mental Health Drop-in at
Hartcliffe and Withywood CP**
First Thursday of the month 1 - 3 pm

NHS Talking Therapies can help people aged 16+ to find effective and practical ways to improve feelings of low mood, worry and stress. You, or someone you know, might be having difficulties with a health condition, family, work, or other day-to-day things which are making you feel down or worried.


We run a 1:1 drop-in information session here at Symes every first Thursday of the month 1 pm - 3 pm. No appointment needed.


Why not come by for a chat and find out more about what we do?

**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
 **vita**
health group

Andys Man Club - Talking support group for men in Knowle



**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk **#ITSOKAYTALK**

**ANDYSMANCLUB
BRISTOL**

BRISTOL NORTH
Gloucestershire County Cricket
Club, Unique Stadium, Nevil Rd,
Bishopston, Bristol BS7 9EJ

BRISTOL SOUTH
Knowle West Media Centre,
Leinster Ave,
Bristol
BS4 1HL

BRISTOL PATCHWAY
Patchway Labour Club, The
Parade, Coniston Rd, Patchway,
Bristol
BS34 5LJ

ANDYSMANCLUB LTD is a
Registered Charity in England
and Wales (1179647) Scotland
SC001485 and a Company
Limited by Guarantee, registered
in England and Wales (11188153)

Bristol City Council housing - new online housing support service



Bristol City Council has launched [a new online service](https://bristol.adviceaid.uk) to give residents housing advice and guidance.

This will support residents across a range of housing issues, helping them to access the support they need from the right place. To use the service, you just need to answer a few simple questions about a concern or situation – there's no need to give any personal details.

It can help with:

- tenancy rights and issues
- domestic abuse
- family and relationship issues
- youth housing
- quality of housing
- and more.

The service has been produced by [AdviceAid](https://www.adviceaid.org/) alongside Bristol City Council's Housing Options service and local and national support services.

Get housing advice and information quickly with our new online service.

Whether you're worried about your tenancy, are concerned about a situation with people you're living with, or you need advice about finding somewhere else to live – we can help!

No need to enter any personal details – just answer a few simple questions

<https://bristol.adviceaid.uk/start>

Shelter & Early Doors - Housing advice and support drop-in BS13

Crashing on a friends sofa?

Eviction notice?

Landlord not listening to you?

Housing Advice & Support Drop In

Every Friday, 10-12pm

**The Symes Resource Centre
(Opposite Morrisons), BS13 0BE**

EarlyDoors works with people experiencing housing issues. We offer 1-1 advice, support and group training. We believe everyone has the right to a safe, secure and warm home.



A partnership by



BS13 Community breakfast club - new breakfast club in BS13



BS13 COMMUNITY BREAKFAST CLUB

BS13

COMMUNITY BREAKFAST CLUB

GRAND OPENING

WELCOME TO BS13 BREAKFAST CLUB . A warm welcoming space to catch up , build friendship and meet new people.

JULY 11th Friday

Venue:
Willmott Park Bowls Club
77 Fulford Rd.Bristol BS13 0AA

Time: 10:00 am to 12:00 noon Dine-In

Free dine in & hot drinks

BS13 Breakfast Club meets twice a month, every other Friday.
Halal and Vegetarian option are available

For more information please contact
Mel +44 7584 891558 and Sia+44 7861 684731

Your donations are warmly welcome!

HWCP - Weekly coffee mornings

A poster for weekly coffee mornings. It features a central image of a white cup of coffee with latte art, a spoon, and two biscuits. The background is light beige with decorative elements like green leaves and red berries. The text is in orange and black.

HARTCLIFFE & WITWYWOOD
COMMUNITY PARTNERSHIP


BRINGING THE COMMUNITY TOGETHER AGAIN!

Coffee Morning

A recommended donation of 50p


**Every Monday
9:00am til 11:00am**

**The Symes
Resource Centre,
BS13 0BE**



Bringing the Community together again!

Adult Yoga





Yoga helps improve your:

- Mental Health
- Confidence
- Sleep
- Flexibility
- Weight management
- Digestion

FRIDAY
10:30am – 11:30am

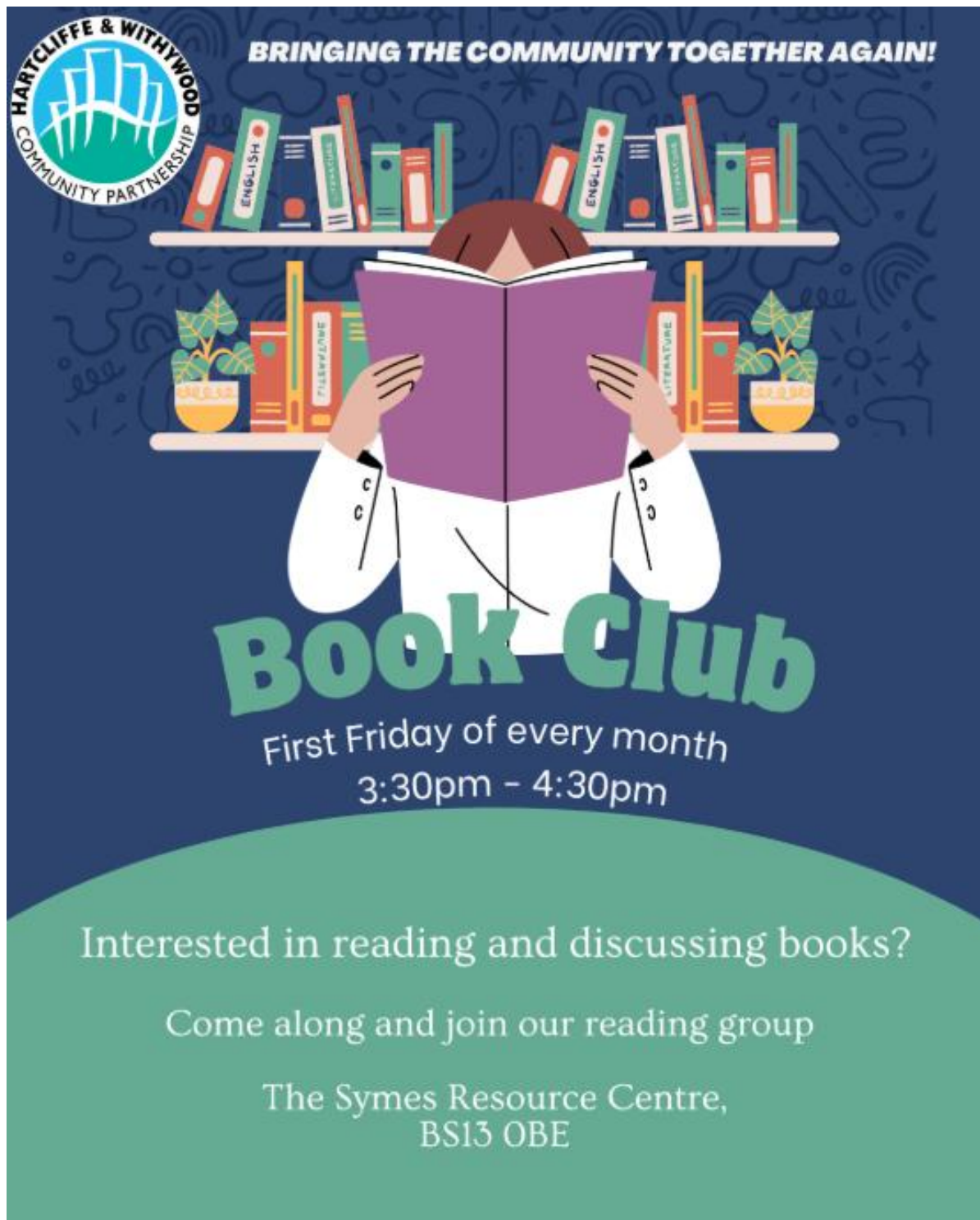
—

**THE SYMES RESOURCE
CENTRE, BS13 0BE**



Please scan the
QR code to book your space

HWCP book club - monthly reading group



Hartcliffe Residents Disability Group - drop-in session for disabled residents & carers



HARTCLIFFE RESIDENTS DISABILITY GROUP

**DROP IN SOCIAL MEETING
SPACE FOR DISABLED
RESIDENTS AND CARERS**

Dates:

- May 9th & 23rd
- June 6th & 20th
- July 4th & 18th
- August 1st, 15th & 29th
- September 12th & 26th
- October 10th & 24th
- November 7th & 21st
- December 5th & 19th

**FORTNIGHTLY
FRIDAYS
1:00PM – 3:00PM**

**THE SYMES
RESOURCE
CENTRE
BS13 0BE**



**Bristol Disability
Equality Forum**



**BRISTOL
CITY COUNCIL**

Redcatch Community Garden - Homecooked frozen meals

**Delicious,
Homecooked
Frozen Meals**

Available from
Roots Café

Ask staff what we have this week...

www.redcatchcommunitygarden.com
Redcatch Park, Broadwalk, Knowle BS4 2RD

All profits are re-invested into our charitable activities

£4.50 each

3 for £12

FIT Robins - Free 12 week health programme in BS13



A COMPLETELY FREE
PROGRAMME TO TAKE BACK CONTROL OF YOUR HEALTH

FIT ROBINS

ROBINS FOUNDATION
in partnership with
Work Well West

12-WEEK HEALTH IMPROVEMENT PROGRAMME

HARTCLIFFE COMMUNITY CENTRE

\$ COMPLETELY FREE!

⌚ 12 WEEKS

📅 24th July 2025

🕒 10-12pm

🔍 18+ | *Individuals facing challenges at work or needing support to return, due at least in part to mental and/or physical health barriers

***prioritising Hartcliffe & Withywood residents**

EMBARK ON A JOURNEY TOWARD A HEALTHIER, MORE CONFIDENT YOU WITH OUR EMPOWERING LIFESTYLE CHANGE PROGRAMME, DESIGNED TO HELP YOU FEEL BETTER BOTH IN LIFE AND AT WORK.

FIT ROBINS HELPS YOU BUILD LASTING HABITS FOR A BALANCED, HEALTHIER LIFE. LEARN TO IMPROVE SLEEP, MANAGE STRESS, NOURISH YOUR BODY, INCREASE PHYSICAL ACTIVITY, AND EMBRACE ESSENTIAL SELF-CARE PRACTICES TO BOOST YOUR WELLBEING.

JOIN A SUPPORTIVE COMMUNITY WHERE CHALLENGES ARE SHARED AND PROGRESS CELEBRATED, HELPING YOU REBUILD ENERGY, CONFIDENCE, AND RESILIENCE. WHETHER PREPARING TO RETURN TO WORK OR SIMPLY WANTING TO FEEL MORE AT EASE, FIT ROBINS PROVIDES THE TOOLS AND GUIDANCE TO MOVE FORWARD WITH STRENGTH AND SELF-BELIEF.



”

“Fit Robins has given me the motivation and physical and emotional support to improve my overall fitness and weight. The program is delivered in a friendly and encouraging format that has been a lot of fun. Each time I have completed a session I always leave with a feeling of achievement and motivation to continue on my journey”.



”

“One of the aspects I loved most was the sense of community I felt. Connecting with others who were on the same journey created a sense of camaraderie and accountability that kept me motivated.

The weekly check-ins and progress tracking were also key to my success. The exercises we did every week were great fun and has changed my attitude to fitness”.



INTERESTED?

Please click [here](#) to fill in a sign-up form or scan the QR code >>

If you have questions contact Daisy-May England (Health & Wellbeing Practitioner)

daisy.england@bcfc.co.uk



WHATS IN IT FOR YOU?

ACHIEVE WEIGHT LOSS GOALS:

Achieve lasting weight loss by implementing gradual and manageable adjustments that you can sustain over the long term

IMPROVED FITNESS:

Enhance cardiovascular endurance, muscular strength, and flexibility through guided exercise routines

IMPROVED MENTAL WELL-BEING & SLEEP:

Experience reduced stress, anxiety, and depression

NUTRITIONAL KNOWLEDGE:

Acquire a deeper understanding of healthy eating habits, portion control, and balanced nutrition

BEHAVIORAL CHANGES:

Learn strategies to modify unhealthy behaviours and develop new, sustainable habits for the long term

INCREASED ENERGY:

Feel more energetic and vibrant in your everyday life

ENHANCED SELF-CONFIDENCE:

Build self-esteem and body positivity through visible progress and accomplishments.

DISEASE PREVENTION:

Reduce the risk of chronic conditions like diabetes, heart disease, and hypertension associated with excess weight.

Remember, individual results may vary, and the benefits experienced will depend on factors such as commitment, adherence to the program, and individual circumstances.

FIT Robins - Free 12 week health programme in BS3



A COMPLETELY FREE
PROGRAMME TO TAKE BACK CONTROL OF YOUR HEALTH

FIT ROBINS

ROBINS FOUNDATION
in partnership with
Work Well West

12-WEEK HEALTH IMPROVEMENT PROGRAMME

 **QUAKER MEETING ROOMS (BEDMINSTER)**

 **COMPLETELY FREE!**

 **12 WEEKS**

 **24th July 2025**

 **5-7pm**

 **18+ | Individuals facing challenges at work or needing support to return, due at least in part to mental and/or physical health barriers**

***prioritising Knowle West Residents**

EMBARK ON A JOURNEY TOWARD A HEALTHIER, MORE CONFIDENT YOU WITH OUR EMPOWERING LIFESTYLE CHANGE PROGRAMME, DESIGNED TO HELP YOU FEEL BETTER BOTH IN LIFE AND AT WORK.

FIT ROBINS HELPS YOU BUILD LASTING HABITS FOR A BALANCED, HEALTHIER LIFE. LEARN TO IMPROVE SLEEP, MANAGE STRESS, NOURISH YOUR BODY, INCREASE PHYSICAL ACTIVITY, AND EMBRACE ESSENTIAL SELF-CARE PRACTICES TO BOOST YOUR WELLBEING.

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Remember, individual results may vary, and the benefits experienced will depend on factors such as commitment, adherence to the program, and individual circumstances.

The Park - Women only fitness class



**THURSDAYS
6.30-7PM**

**WOMEN ONLY
STRETCH
& TONE
WITH SKYE**

Helping increase mobility and flexibility through
breath work stretches and low impact exercises
£4.50 or FREE FOR MEMBERS


The Park
It's more than a community centre
www.theparkcentre.org.uk
0117 903 9770
Daventry Road, BS4 1DQ


REGISTER TODAY



Community Learning

Join our free courses to learn new skills, meet people, build confidence and work towards qualifications. We offer:

- Maths, English and ESOL (English for Speakers of Other Languages)
- Digital Skills
- Employability in Health and Social Care, Horticulture,
- Wellbeing such as Cooking, Arts and Crafts and Family Learning

We have specific projects to target vulnerable groups. Get in touch to find out more and join the waiting list for January courses. Learners must be aged 19+ and eligible for a means tested benefit.

Helen.richards@bristol.gov.uk Bryony.sims@bristol.gov.uk

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

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



100 Women

This project supports women to build their confidence and resilience in their personal development journey, as well as offering employability support using a person centred, holistic approach.

Participants will have access to a specialised personal development programme called Steps, 121 support and other courses such as First Aid, IT, Sewing, Cooking and Food Safety.

Eligibility criteria:

- Aged 19+
- Identify as female
- Live in a South Bristol postcode
- Identifies as being socially isolated or having significant barriers to employment or education

Please contact us if you are working with women who meet the eligibility criteria at 100women@bristol.gov.uk

**COMMUNITY LEARNING**

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



FREE Holistic Course for Women in South Bristol

Autumn 2025

A supportive space to:

- Build your confidence and self-esteem
- Explore your dreams, skills and ideas
- Learn tools to stay calm, manage stress and worries
- Start planning what you want to do next
- Take real STEPS towards your goals

Includes 121 support during and after the course to help you keep moving forward.

Empowering, practical, and tailored to you.

Interested? Get in touch to find out more or sign up!

Contact: 100women@bristol.gov.uk

Eligibility: Adults who identify as female, aged 19 years plus, who live in South Bristol and experience barriers to work and education.



**COMMUNITY
LEARNING**

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

Heart of BS13 - City & Guilds Level 1 Award in horticulture



FREE

CITY AND GUILDS LEVEL 1 AWARD IN HORTICULTURE

**8 WEEK COURSE ON TUESDAYS
STARTING 16 SEPTEMBER**

AT HARTCLIFFE CITY FARM

**LEARN PRACTICAL SKILLS IN HORTICULTURE
AND GAIN A FREE QUALIFICATION. BOOKING
ESSENTIAL. ELIGIBILITY CRITERIA APPLY.**

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



SAY SENDIAS - SEND drop-in sessions



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

SAY's July Topic of the Month:

SEND and You:
Our service
and
how we help

Scan the QR code to find out more about what we do and the ways in which we can and cannot help:



Events

SAY will be taking a short break from our local area events in July and August. Events will resume in September as usual.

We will be attending the following free coffee mornings with Bristol Parent Carers. No booking necessary. Parents and carers can drop-in to speak to us for advice on all areas of SEND including school-based support, Education Health and Care Plans (EHCP) Support plans, suspensions, part-time timetables, EHCP appeals and judicial review.



INNS COURT CENTRE
10:30-12:30









1 Marshall Walk,
Knowle BS4 1TR
Car Park: Free
Buses: M1

Mar 6th
April 3rd
May 1st
June 12th
July 10th

July 10th



Fishponds Old Library
9 - 11am







Fishponds Road
BS16 3UH
Free parking
Buses 6,17,49,49x

June 19th
July 17th
Sept 18th
Oct 16th

July 17th

SAY general contact details:



We provide Information, Advice and Support around Special Educational Needs and Disabilities. Our service covers Bristol, North Somerset and South Gloucestershire.

Contact Us

Our advice service is open Monday to Friday from 9:30-16:30 year round. To get in contact with us you can:

- Scan the QR code below to access our Contact Form
- Enter your details into the form
- An advisor will call you within 3-5 working days
- If you are not available, the advisor will send you a link to book a telephone appointment



Unable to access the form? Please email or call:
support@sendandyou.org.uk 0117 989 7725

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



With help from CAP, I sat down and looked at how to manage my everyday life. Now I no longer get up thinking about debt every day and wondering whether I can afford to feed my children.

Famelle

With CAP, you've got food in your cupboard, all your bills are paid, nobody's phoning you asking for money. It's such a weight off your shoulders. You're not a slave to debt – and that's priceless.

Hug and James

When CAP is involved, they don't just leave you. Even when you're debt free, they're still there for you. They actually get to know you. It has turned my life around.

Gemma

CAP DEBT HELP

Lifting the weight of debt

Free debt advice and personal support in your community.

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**

CAP are unsurpassed when it comes to the debt help they give people across the country.

*Martin Lewis,
Money Saving Expert*

CAP DEBT HELP

Lifting the weight of debt

Free debt advice and personal support in your community.

Info - become part of the team

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**

always hope.

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Easy money could be too good to be true.

Young people can be caught up in money laundering schemes by organised criminals who use their bank accounts to move dirty money.

If you suspect someone is trapped in a money laundering scheme, tell our charity, 100% Anonymously. Always.

crimestoppers-uk.org

Crimestoppers Trust, registered charity in England & Wales (1108607).

CrimeStoppers.

0800 555 111

100% anonymous. Always.

*Services and
opportunities
for young
people*

Young Carers Service information - Support 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](tel:01179589980); youngc@carersbsg.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 Ark)
- 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 @ The Withywood Centre Queens Road Withywood Bristol BS13 8QA
- 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 Connie **Howard-McCombe** connie.howard-mccombe@creativeyouthnetwork.org.uk 07759 839941

Referral forms for to our service are on our website [Carers Support Bristol and South Gloucestershire](#)

[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

Hartcliffe Scout Group - Beavers, Cubs & Scouts groups in BS13



Join 81st Bristol St Andrews Hartcliffe Scouts
501 Bishport Avenue, Hartcliffe, Bristol, BS13 9LW

BEAVERS 6 – 8 Years
Wednesday
6:00 to 7:15pm

cubs 8 – 10½ Years
Thursday
6:30 to 8:00pm

SCOUTS 10½ – 14 Years
Tuesday
6:00 to 8:00pm

All young people are welcome!

HALL HIRE



We have a brilliant space which is available to hire. It is great for all occasions such as private parties, children's birthdays, training courses and community meetings.

Contact us with all enquiries on
81st.standrews@gmail.com

81st Bristol St Andrews Hartcliffe Scout Group
scouts.org.uk | facebook.com/scoutassociation | [@UKScouting](https://twitter.com/UKScouting)

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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!

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



