



# 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 South based services.**

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

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

### Part 2 – Information and Support for Practitioners

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

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



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# *Activities for Young People & Families*

# Your Holiday HUB Bristol

Hundreds of holiday  
activities available  
in Bristol



## Do you know about Your Holiday Hub?

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



## What's included?

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

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

To book, visit:

**[www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk)** or contact your school.

Any questions? Email: **[haf@bristol.gov.uk](mailto:haf@bristol.gov.uk)**



Your  
Holiday  
HUB  
Bristol

Department  
for Education



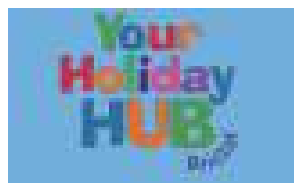
BAND  
Making Children's Lives  
Better



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



## Your Holiday Hub – Creative Summer Holiday Club



The poster is designed with a vibrant blue and yellow color scheme. It features two circular photographs of children: one of two boys on the left and one of a girl sitting in a tire on the right. The girl's photo includes a small white starburst graphic with the text 'UNIQUE VOICE'. The main title 'Creative Holiday Club' is prominently displayed in a pink, cloud-like shape, with the subtitle 'For 5 - 11 year olds' below it. The poster is divided into sections for 'Activities', 'When?', 'Where?', and contact information. A yellow circle highlights 'NO COST!'. A QR code is located in the bottom right corner.

**Creative Holiday Club**  
For 5 - 11 year olds

**Activities**

- Arts and Crafts
- Drama
- Games
- Outdoor play

**When?**  
10am - 2pm

Tues 30th July - Thurs 1st August  
Tues 6th - Thurs 8th August  
Tues 13th - Thurs 15th August  
Tues 20th - Thurs 22nd August

**Where?**  
Merchants' Academy Primary,  
Hareclive Avenue,

**NO COST!**

Any questions?  
Call/Text/WhatsApp  
0790 102 3552

\*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.

To find out more visit our booking page here

[www.eequ.org/uniquevoice](http://www.eequ.org/uniquevoice)

Funded by Bristol City Council through the DfE

**Your Holiday HUB**

Zion Church - free Zionbury Festival Community event



**ZIONBURY FESTIVAL - a free community festival to say thank you to the community!**

**ALL DAY FUN! Saturday 27th July 11am - 9.30pm - DONATION ON THE DAY**

Let us know you're coming, by reserving your free space through Eventbrite!

[ZIONBURY - FREE COMMUNITY FESTIVAL Tickets, Sat 27 Jul 2024 at 11:00 | Eventbrite](#)

Zion Bristol, Bishopsworth Road, Bristol, BS13 7JW





# **BAR TROPICANA & SUMMER WONDERLAND**

**BRISTOL'S ONLY VINTAGE  
SUMMER WONDERLAND**



**Millennium Square, Bristol Harbourside**

**OPEN DAILY FROM**

**11TH JULY TO 1ST SEPTEMBER 2024**

**FREE ENTRY**

**VINTAGE RIDES, GAMES, BARS  
AND FOOD MARKET**

**FAMILY FUN FOR ALL AGES**





## HWCP - Summer Fair for the whole family



## South Bristol Children's Centres - Summer holiday activities in the local parks



# Summer Holidays 2024






Come & Join us in your local park within the community.  
See the list of parks below.....

WK 1 July 24th-26th July	WK 2 July 29th-2nd August	WK 3 August 5th-9th August
<p>Weds 24th 10:00-11:30 Play in The Park <b>SOUTH STREET BS3 3BE</b></p> <p>Fri 26th 10:00-11:30 Play in The Park <b>WILMOT PARK BS13 0AA</b></p>	<p>Mon 29th 1:00-2:30 Play in The Park <b>REDCATCH PARK BS4 2EY</b></p> <p>Tues 30th 10:00-11:30 Play in The Park <b>KINGHEAD PARK BS13 7DA</b></p> <p>Weds 31st 10:00-11:30 Play in The Park <b>GREVILLE SMYTH PARK BS3 2EQ</b></p> <p>Thurs 1st 10:00-11:30 Play in The Park <b>MOMBRAY PARK BS14 9HD</b></p> <p>Fri 2nd 10:00-11:30 Play in The Park <b>WILMOT PARK BS13 0AA</b></p>	<p>Mon 5th 1:00-2:30 Play in The Park <b>INNS COURT PARK BS4 1XU</b></p> <p>Tues 6th 10:00-11:30 Play in The Park <b>WINTHAMMOD PARK BS13 8PL</b></p> <p>Weds 7th 10:00-11:30 Play in The Park <b>VICTORIA PARK BS3 4QE</b></p> <p>Thurs 8th 10:00-11:30 Play in The Park <b>ST AUGUSTINES PARK BS14 0EP</b></p> <p>Fri 9th 10:00-11:30 Play in The Park <b>WILMOT PARK BS13 0AA</b></p>
WK 4 August 12th-16th August	WK 5 August 19th-23rd August	WK 6 August 27th-30th August
<p>Mon 12th 1:00-2:30 Play in The Park <b>FILWOOD PARK BS4 1UP</b></p> <p>Tues 13th 10:00-11:30 Play in The Park <b>BISHOPSMORTH PARK BS13 8EA</b></p> <p>Weds 14th 10:00-11:30 Play in The Park <b>GORSE MARSH PARK BS3 2LP</b></p> <p>Thurs 15th 10:00-11:30 Play in The Park <b>COTTLE RD PARK BS14 8QR</b></p> <p>Fri 16th 10:00-11:30 Play @ Gym Tots 0-5yrs <b>HENGROVE LEISURE CENTRE BS14 0DE</b></p>	<p>Mon 19th 1:00-2:30 Play in The Park <b>PERRETT'S PARK BS4 2EA</b></p> <p>Tues 20th 10:00-11:30 Play in The Park <b>HEADLEY LANE PARK BS13 7PP</b></p> <p>Weds 21st 10:00-11:30 Play in The Park <b>DEAN LANE PARK BS3 1DH</b></p> <p>Thurs 22nd 10:00-11:30 Play in The Park <b>STOCKMOOD OPEN SPACE BS14 8LX</b></p> <p>Fri 23rd 10:00-11:30 Play in The Park <b>WILMOT PARK BS13 0AA</b></p>	<p><b>MONDAY 26TH BANK HOLIDAY</b></p> <p><b>NO PLAY IN THE PARK THIS WEEK. PLEASE SEE OUR SUMMER HOLIDAY TIMETABLE FOR ALL OTHER GROUPS HAPPENING</b></p> <p><b>THANKS SBCC</b></p>




## South Bristol Children's Centres - Summer Timetable

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hartcliffe</b> Hareclive Rd. Hartcliffe BS13 0JW 01179-038633	<b>Little Explorers Stay &amp; Play</b> Running 5th 12th 19th August For expectant parents & parents under 25 years of age. 1:00 - 2:30	Register Interest in any of our parenting programmes by scanning the below QR code  Thank you 	<b>Baby Hub</b> 9:30 – 10:30  <b>Milky Way, Infant Feeding Group</b> 10:30 – 12:00	<b>Baby Group</b> 1:30 – 2:30	<b>Play in the Park</b> 10:00 11:30 See flyer for location	Sat 3rd August Scribble & Sketch 10:30-12:30 Drop in email ellen.pye@rwa.org.uk
<b>Stockwood</b> Whitlock Rd, Stockwood BS14 8DQ 01173-533503	<b>Baby Group</b> 10:00 – 11:00	<b>Food Club</b> 9:00 – 10:00 <b>Baby Hub</b> 1:30 – 2:30 <b>Whitchurch</b> 1st & 3rd of the month Stockwood 2nd & 4th of the month			<b>Play in the Park</b> 10:00–11:30 Please see flyer for Location	
<b>Knowle</b> Inns Court, Knowle BS4 1TR 01173-532036	<b>Play in the Park</b> 1:00-2:30 Please See flyer for Location	<b>Baby Hub</b> 9:30 – 11:00 Scales available until 10:30.		<b>Baby Group (including Sing &amp; Sign)</b> 10:00 – 11:00  <b>Food Club</b> 12:30 – 2:30	<b>Food Club</b> 1:00-2:30	
<b>Bishopsworth</b> 2 Lakemead Grove, Bishopsworth BS13 8EA 01179-781028		<b>Baby Hub</b> 9:30 – 10:30 <b>Milky Way, Infant Feeding Group</b> 10:30- 12:00	<b>Baby Group</b> 9:30 – 10:30		<b>Play In The Park</b> 10:00– 11:30 Please see flyer for location	
<b>Bedminster</b> British Rd Bedminster BS3 3BZ 01173-746362	<b>Stay &amp; Play</b> Faithspace, Redcliffe BS1 6PB 9:30 – 11:00	<b>Baby Group</b> 1:30 – 2:30	<b>Play In The Park</b> 10:00-11:30 please see flyer for location  <b>Redcliffe Food Club</b> 1:00 – 2:30 Faithspace BS1 6PB	<b>Baby Hub</b> 10:00 – 11:30	Look out for our New timetable for September 2024	



## RWA & Hartcliffe Children's Centre - Free weekend Family Art Workshop

RWA Royal West of  
England Academy

Supported by:  Quartet  
Community  
Foundation

# Free Family Art Workshop

Every 1st Saturday of the month at Hartcliffe Children's Centre

**Scribble and Sketch | Free (Drop - in) | 10.30am - 12.30pm**

2024: 6 Jul, 3 Aug, 7 Sep, 5 Oct, 2 Nov, 7 Dec



*Photo by Alice Hendy*

These sessions are designed for children and grown-ups to take part in together - everyone is welcome.

For more info email: [ellen.pye@rwa.org.uk](mailto:ellen.pye@rwa.org.uk)

## Zion Church - Breakfast with the Princesses



Join us for an enchanting morning with Princesses Belle & Elsa! All ages welcomed but aimed at ages 4-8.

All tickets include pancakes (choose which pancakes when selecting your tickets)

- Kids - Pink Princess Pancakes (Maple Syrup & Sprinkles)
- Adults - Berry Compote & yoghurt on pancakes OR Bacon & Maple Syrup on pancakes

9.30am Doors, Event finishes at 11am.

Meet & Greet & photos with Belle and Elsa!

Breakfast will be brought out around 9.45am. Followed by a princess dance party full of magical games, fun, bubbles and Ribbon dancing guaranteed to capture your child's imagination!!

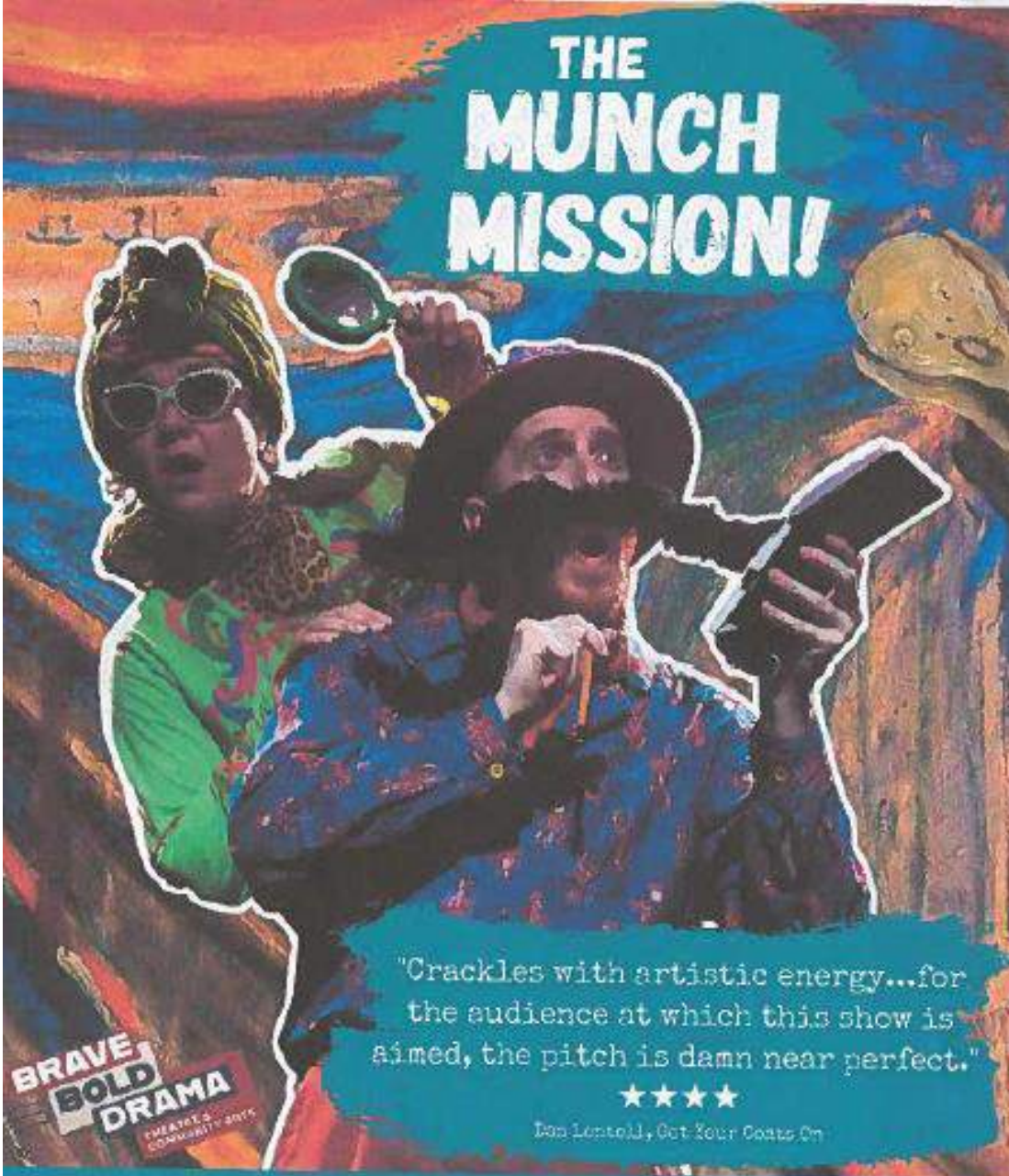
£10 Tickets [Breakfast with the Princesses Tickets, Thu, Aug 1, 2024 at 9:30 AM | Eventbrite](#)

Zion Bristol, Bishopsworth Road, Bristol, BS13 7JW





Brave Bold Drama - Art Heist Family Theatre



# THE MUNCH MISSION!


"Crackles with artistic energy...for the audience at which this show is aimed, the pitch is damn near perfect."

★★★★

Don Lintell, *Get Your Coats On*


**Brave Bold Drama**  
CREATES COMMUNITY ARTS

## Art heist playable family theatre adventure!

OTE

Playable means  
you vote  
throughout  
the show to  
control the  
story!

[www.bravebolddrama.co.uk](http://www.bravebolddrama.co.uk)

7+

Best suited for people  
aged 7+

## Heart of BS13 - Summer holiday activities

<p><b>HAF MINECRAFT-THEMED COOKERY AT THE FARM GRUB FOR GAMERS</b></p> <p><b>DATES:</b> JULY 30 @ 11:00 AM - 3:00 PM AUGUST 6<sup>TH</sup>, 13<sup>TH</sup>, 27<sup>TH</sup> @ 11.00 AM – 3.00PM</p>  	<p><b>Heart of BS13</b></p> <p><b>ORGANISERS</b> Jodie Smith HAF Team</p> <p><b>VENUE</b> Hartcliffe City Farm Lampton Avenue Bristol, BS13 0QH United Kingdom <a href="mailto:jodie.smith@heartofbs13.org.uk">jodie.smith@heartofbs13.org.uk</a> 07493753691</p>	<p><b>HAF MINECRAFT-THEMED COOKERY AT THE FARM</b></p> <ul style="list-style-type: none"> <li>A fun, free session for 8-13 year old Minecraft-enthusiasts this summer holidays at Hartcliffe City Farm!</li> <li>Explore the biomes of Minecraft and build delicious food from each area of the Minecraft world with different features like jungles, deserts, oceans, and mountains.</li> <li>Gaming snacks: make your favourite 2D characters out of food</li> <li>Cook and eat your lunch together</li> <li>Meet and feed the animals on the farm</li> <li>A family-sized frozen meal to take home will be provided to each participating child.</li> <li>These sessions are available to 8-13 year olds who receive benefits-related free school meals only.</li> <li>Booking essential</li> </ul>
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<p><b>HAF Cookery and Crafts on the farm!</b></p> <p><b>Dates:</b> July 31, August 14<sup>th</sup> <b>Time:</b> 11:00 am - 3:00 pm</p> 	<p><b>Heart of BS13</b></p> <p><b>ORGANISERS</b> Jodie Smith HAF Team</p> <p><b>VENUE</b> Hartcliffe City Farm Lampton Avenue Bristol, BS13 0QH United Kingdom <a href="mailto:jodie.smith@heartofbs13.org.uk">jodie.smith@heartofbs13.org.uk</a> 07493753691</p>	<p>A fun, free session for 8-13 year olds this summer holidays at Hartcliffe City Farm!</p> <p>You will:</p> <ul style="list-style-type: none"> <li>Make nature-inspired tote bags, pencil cases and jewellery</li> <li>Cook and eat your lunch together around the campfire</li> <li>Meet and feed the animals on the farm</li> <li>A family-sized frozen meal to take home will be provided to each participating child.</li> <li>These sessions are available to 8-13 year olds who receive benefits-related free school meals only.</li> <li>Booking essential</li> </ul> <p>Computer saying no?! If your child is eligible for these sessions and you are having trouble using the booking website, please email <a href="mailto:haf@heartofbs13.org.uk">haf@heartofbs13.org.uk</a> and we'll be in touch to help.</p>
<p><b>HAF Puppets and pasta on the farm</b></p> <p><b>Dates:</b> August 7<sup>th</sup>, 28<sup>th</sup></p> 	<p><b>ORGANISERS</b> Jodie Smith HAF Team</p> <p><b>VENUE</b> Hartcliffe City Farm Lampton Avenue Bristol, BS13 0QH United Kingdom <a href="mailto:jodie.smith@heartofbs13.org.uk">jodie.smith@heartofbs13.org.uk</a> 07493753691</p>	<p>Puppet-making – make a farmyard friend out of recycled materials</p> <p>Pasta-making – cook pasta from scratch, which we will eat together over lunch</p> <p>A family-sized frozen meal to take home will be provided to each participating child.</p> <p>These sessions are available to 8-13 year olds who receive benefits-related free school meals only.</p> <p>Booking essential</p>



# HAF HORRIBLE HISTORIES KITCHEN AT THE FARM

Date : August 20<sup>th</sup>

Time: 11.00 am – 3pm



## ORGANISERS

HAF Team

## VENUE

Hartcliffe City Farm  
Lampton Avenue  
Bristol, BS13 0QH United  
Kingdom  
[haf@heartofbs13.org.uk](mailto:haf@heartofbs13.org.uk)

A fun, free, horrible histories-themed session for 8-13 year olds this summer holidays at Hartcliffe City Farm!

Find out all about the gruesome (but wholesome) diets of kings and queens of old by making gory and gooey dishes  
Fill up your food bar with delicious delights from the garden  
Cook and eat lunch together  
Visit the farm animals – pigs, goats and more!  
A family-sized frozen meal to take home will be provided to each participating child.

These sessions are available to 8-13 year olds who receive benefits-related free school meals only.

Booking essential

# HAF PIGS, PICNIC AND PRIZES!

Date: AUGUST 21<sup>st</sup>

Time: 11:00 AM - 3:00 PM



## ORGANISERS

HAF Team

## VENUE

Hartcliffe City Farm  
Lampton Avenue  
Bristol, BS13 0QH United  
Kingdom  
[haf@heartofbs13.org.uk](mailto:haf@heartofbs13.org.uk)

A fun, free session for 8-13 year olds this summer holidays at Hartcliffe City Farm!

Make your own picnic lunch and snacks to eat together on the farm  
Win a prize taking part in the flower farm treasure hunt  
Visit the animals on the farm – pigs, goats and more!  
A family-sized frozen meal to take home will be provided to each participating child.

These sessions are available to 8-13 year olds who receive benefits-related free school meals only.

Please note, while we hope for the parts of these sessions to take place outdoors, in case of wet weather, we have a dry, covered space in which they can take place.

Booking essential.



## HWPC - free summer holiday activities



**Free BS13 Summer Activities for Young People**

[www.hwcp.org.uk](http://www.hwcp.org.uk)




# Summer Holidays 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> Week commencing 22/07/2024			<b>Hartcliffe Olympics</b> 1:00pm - 3:00pm Withywood Park		<b>Summer Fair</b> 10:00am - 1:00pm The Symes Resource Centre
<b>Week 2</b> Week commencing 29/07/2024	<b>All Aboard Watersports</b> 10:00am - 12:30pm Harbourside	<b>DigiMakers</b> 9:00am - 3:00pm The Symes Resource Centre  <b>Boxing and Training</b> 10:00am - 2:00pm Sarton club	<b>Hartcliffe Olympics</b> 1:00pm - 3:00pm Willmott	<b>Weymouth Trip</b> 8:00am - 4:30pm Meeting point The Symes Resource Centre	<b>Graffiti Workshop</b> 10:00am - 1:00pm 2:00pm - 5:00pm The Symes Resource Centre
<b>Week 3</b> Week commencing 05/08/2024	<b>ACTA Drama</b> 10:00 - 2:00pm Mowcroft Church	<b>DigiMakers</b> 9:00am - 3:00pm The Symes Resource Centre  <b>All Aboard Watersports</b> 1:30pm - 4:00pm Harbourside	<b>Hartcliffe Olympics</b> 1:00pm - 3:00pm Millennium Green		<b>Yoga Wellbeing &amp; Go Sketch</b> 10:00am - 2:00pm The Symes Resource Centre
<b>Week 4</b> Week commencing 12/08/2024	<b>Breakfast Club &amp; POT Gang</b> 9:30am - 12:30pm The Symes Resource Centre	<b>Boxing and Training</b> 10:00am - 2:00pm Sarton Club			<b>Yoga Wellbeing &amp; Go Sketch</b> 10:00am - 2:00pm The Symes Resource Centre
<b>Week 5</b> Week Commencing 19/08/2024	<b>ACTA Drama</b> 10:00 - 2:00pm Mowcroft Church	<b>Boxing and Training</b> 10:00am - 2:00pm Sarton Club			<b>Yoga Wellbeing</b> 10:00am - 2:00pm The Symes Resource Centre
<b>Week 6</b> Week Commencing 26/08/2024	<b>Bank Holiday</b>	<b>Boxing and Training</b> 10:00am - 2:00pm Sarton Club			<b>Summer Fair</b> 10:00am - 1:00pm The Symes Resource Centre

HWCP EVENTBRITE  
SUMMER HOLIDAY ACTIVITIES



PLEASE SCAN THE  
QR CODE TO BOOK  
YOUR SPACE



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



**Digi Maker®**  
Create the digital world

**FREE COMPUTER CLASSES**

**WHERE?**  
Hartcliffe & Withywood Community Partnership, Community Room,  
@symes Resource Centre, Peterson Ave, BS13 0BE

**WHEN?**  
Tuesday 30th July (Robot Week)  
Tuesday 6th August (Games Making)  
10:30 - 12:00  
12:30 - 14:00

**WHO?**  
10—14 year olds

**Book from 1st July:**  
<https://bbb.gd/clubdigi>





# SUMMER FUN DAY

Get your summer off to a good start, with a fun-filled day at The Park. Free workshops, dance and fitness sessions and more...

**Something for all the family**

- Face Painting
- Bouncy Castle
- Arts & Crafts
- Stalls & Tombola
- Free Massage
- Cafe & Pizza

**THURSDAY  
25 July  
10am-3pm**

 **The Park**

[www.theparkcentre.org.uk](http://www.theparkcentre.org.uk)  
0117 903 9770  
Daventry Road, BS4 1DQ





# Holiday Play Sessions



Weekdays  
10am - 2pm

## Where:

Newquay Road  
Playground  
Knowle, BS4 1EG

## What?

Sports  
Nature Activities  
Crafts  
Food included

*Free to all!*

For more information  
contact Carly on  
07442843856



E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)

# Play Sessions

Every  
Monday

3-5pm

*Where:*

King's Head Lane Park  
Highridge  
BS13 8ES

*Free session!*

For more information  
contact Lauryn (LPW)  
on 07769956019, or  
Heidi (Streetspace)  
on 07723104344



**LPW** Learning  
Partnership  
West



E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) T: 0117 987 3700 W: [lpw.org.uk](http://lpw.org.uk)





# Summer Sessions



Weekdays  
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 Sammy:  
07717816825



E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)





# Play Sessions

Every  
Thursday

11am - 2pm

## 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](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)

# Summer Detached Sessions

## **Hengrove detached**

*Friday 12pm–2pm*

Contact: Lauryn 07769956019

## **Knowle detached**

**In partnership with**

**Streetspace**

*Friday 2pm–4pm*

Contact: Heidi (Streetspace)

07723104344 or Lauryn (LPW)

07769956019





## Knowle West Media Centre – Summer holiday sessions



# Summer Holidays 2024

Places are prioritised for young people living in BS4, BS3 5, BS13 & BS14

**COST: FREE!**

Scan here to register your interest for Summer Holidays 2024





### Maker City

KWMC The Factory  
Monday 29th July -  
Wednesday 31st July  
10 - 3pm  
Ages: 10 - 16

Come and experience magical opportunities @ KWMC The Factory. Try your hand at a mixture of making activities. Get imaginative with creative tech and digital design. Help to build something that matters to you.





### Soundwave

KWMC  
Monday 5th August -  
Wednesday 7th August  
10 - 3pm  
Ages: 10 - 16

Digitally creating songs, learning different instruments, having the chance to write lyrics, working with others to create music and learn to record in our music studio. You don't need to have any experience - just come along and get involved!







Redcatch Community Garden - Summer holiday cooking, crafts & games club



## Free Summer Holiday Club Cooking, Craft and Games



**For children who are eligible for  
Free School Meals and aged 8-12**

**25, 26, 29 & 30 July and 1, 2, 5 & 6 August**  
**9.30am-1.30pm**

**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**



**Or by following this link:**

**<https://eequ.org/experience/7623>**

**[www.redcatchcommunitygarden.com](http://www.redcatchcommunitygarden.com)**

**Redcatch Park, Broadwalk, Knowle BS4 2RD**



## Redcatch Community Garden - Summer Holiday Timetable

# Redcatch Community Garden Summer Holiday Timetable

More information & booking can be found using QR code unless stated otherwise



**Happymess on every Wednesday 10-11**

**Summer holiday pack available throughout the holidays which includes colouring book, activity sheet, crayons & chocolate bar - £2 from Roots**

Friday 2nd August 2.15-3.45	<b>Lego</b> £4 For kids aged 3-10	Monday 19th August 9.30-3.30	<b>Theatre</b> <b>SOLD OUT</b>
Wednesday 7th August 12.30-1.45 & 2.15-3.30	<b>George's Marvellous Science</b> £6 For kids aged 4-11	Tuesday 20th August 2.30-3.45	<b>Nature Sprouts- tree guardians &amp; cyanotype</b> £6 For kids aged 3+
Friday 9th August 10-12	<b>Summer Holiday Party</b> £8 For kids aged 4-11	Wednesday 21st August 12.30-1.45, 2.15-3.30	<b>George's Marvellous Science</b> £6 For kids aged 4-11
Monday 12th August 9.30-3.30	<b>Theatre</b> <b>SOLD OUT</b>	Friday 23rd August 10.30-12.00 & 1-2.30	<b>Lego</b> £4 For kids aged 3-10
Tuesday 13th August 2.30-3.45	<b>Nature sprouts - flower wands &amp; cyanotype</b> £6 For kids aged 3+	Tuesday 27th August 2.30-4	<b>Garden Cooks</b> £6 For kids aged 6-10
Wednesday 14th August 12.30-2	<b>Happymess +</b> No booking required	Wednesday 28th August 12.30-2	<b>Happymess +</b> No booking required
Friday 16th August 11-3	<b>Junk Modelling Day</b> £3 For kids aged 3-10	Friday 30th August 10-10.45, 11-12, 1-1.45 & 2-3	<b>Circus</b> £6 For kids aged 3+

**Roots & Garden open everyday from 9.30-4.30**

**[www.redcatchcommunitygarden.com](http://www.redcatchcommunitygarden.com)**

Redcatch Park. Broadwalk. Knowle BS4 2RD



## Square Food Foundation - free Summer Cooking workshops



This summer holiday, join us for *FREE* cooking workshops at the Square Food Foundation in *The Park Centre, Knowle West*.

Classes will be running over 4 weeks, from 29th July - 22nd August.

Our booking system has changed, and we are now required to use Eequ - here is a really helpful page with videos explaining; How to book a HAF session, booking multiple young people and how to cancel amongst other things: click link [How to book a HAF session | Eequ Help Center](#).

You can find our listing, all the information and sign up via this link: <https://eequ.org/experience/8194> or using the below QR code:



*REDCATCH COMMUNITY GARDEN* also will be running some sessions with us in their beautiful gardens down the road from Square Food Foundation on 29th & 30th July and 5th & 6th Aug - please be aware these are overseen by RCG so any questions for these dates should be directed to them! You can book those, or any of their sessions using this link: <https://eequ.org/experience/7623>.

We're looking forward to cooking with you!





## Get Gardening Fun Days

Fun for all the family!

**Wednesdays 14<sup>th</sup> August till 28<sup>th</sup> August**

Make bug hotels, plant up pots and baskets and get your hands in the soil. All children must be with an adult.

- **10.00 to 12.00pm** - Belfast Walk Community Garden, Belfast Walk BS4 1LB.
- **1.00 to 3.00pm** - Inns Court Community and Family Centre, 1 Marshall Walk BS4 1TR.

To book call Lucy on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)



## Get Making

### Summer Fun for all the family!

**When: Friday 16<sup>th</sup> and 23<sup>rd</sup> August 10.00 till 3.00pm**

**Mix of crafts, arts, cooking and fun.**

**Free family workshops. Must book places.**

**Hartcliffe Methodist Church Hall**

**Mowcroft Road BS13 0LT**

**To book call Helen on 07760990855 or email  
[helen.richards@bristol.gov.uk](mailto:helen.richards@bristol.gov.uk)**



## St Bernadette's RFC - Youth rugby open days



### **YOUTH RUGBY OPEN DAYS: 11:00 - 13:00**

7TH JULY: RECEPTION - YEAR 2

14TH JULY: YEAR 3 - YEAR 4

21ST JULY: YEAR 5 - YEAR 6

28TH JULY: YEAR 9 BOYS - ALL AGE GIRLS

### **WHY SHOULD YOU JOIN US?**

- BRAND NEW CLUB HOUSE ✓
- 3G TRAINING FACILITIES ✓
- RFU QUALIFIED COACHING TEAMS ✓
- BUILD CONFIDENCE AND MAKE NEW FRIENDS ✓

### **CONTACT US**

 07867 485 091

 FULFORD ROAD |  
BS13 9PB



## Bristol City Council – Activities for Children & Young People webpage

The Bristol City Council Website has a list of positive activities available for children and young people aged 8 - 19 or up to 25 with SEND. These can be found here: [Activities for young people \(bristol.gov.uk\)](https://www.bristol.gov.uk/activities-for-young-people)



No referral is required to access these sessions and each activity has a link to the organisation that is running it should you want to find out more/are interested in joining in the fun.

*Services and  
opportunities  
for young  
people*

A vibrant poster for the Youth Gap programme. The top features the title 'YOUTH GAP' in large, bold letters, with 'YOUTH' in dark blue, 'G' in orange, and 'AP' in dark blue and green. Below the title is a white banner with the text 'COMING TOGETHER TO BUILD COMMUNITY'. The central text reads 'FOR AGES 13-16'. A list of four bullet points describes the programme: 'FREE 12 - 18 WEEK COURSE', 'FUN ACTIVITIES AND TRIPS', 'DISCUSSIONS AND TEAM WORK', and 'CREATE A SOCIAL ACTION PROJECT'. On the left, a group of five diverse teenagers are posing dynamically. On the right, a dashed line with a paper airplane icon leads to the schedule: 'WEDNESDAYS FROM SEPT 2024', 'WEEKLY FROM, 6PM-830PM', 'SOUTH BRISTOL BASED', and 'FACE TO FACE'. At the bottom left, contact information is listed: '07787502232', 'INFO@GRASSROOTCOMMUNITIES.ORG', and 'GRASSROOTCOMMUNITIES.ORG'. At the bottom right, a QR code is provided with the text 'SCAN TO APPLY!' above it. The Grassroot Communities logo, featuring a stylized city skyline and the text 'GRASSROOT COMMUNITIES', is positioned near the QR code. The background is a bright blue gradient with white wavy lines.



## Youth Moves - Youth Club sessions



Youth Moves  
The Park Centre  
Bristol  
BS4 1DQ

**Youth Moves is here for the young people of South Bristol. As a youth-driven charity, we deliver the best for young people through our outstanding youth work.**

**Our youth clubs offer positive, purpose-built spaces in the heart of South Bristol where young people can meet, take part in a range of activities and get involved in projects that benefit the wider community.**

Open sessions - Come along!

**Juniors (aged 8-11 primary) - Thursdays 3:45-5:15pm**

**Inters (aged 11-13 secondary) - Fridays 6-8pm**

**Seniors (aged 13-19) - Wednesdays 6:30-8:30pm**

### Closed Sessions

**Skittles (aged 13-18) - LGBTQ+ young people aged 13-19 somewhere safe to go.**

If you would like to join this group then please email Dulseigh:  
[dulseigh@youthmoves.org.uk](mailto:dulseigh@youthmoves.org.uk)

**Inclusion session (aged 15-25) – young people with additional needs.**

If you would like to join this group then please email Paul:  
[paul.coyne@youthmoves.org.uk](mailto:paul.coyne@youthmoves.org.uk)

### Holiday Club

**The Park (aged 8-12):**

**Week 1: Monday 5th-Friday 9th 10-2pm**

**Week 2: Monday 19th-Friday 23rd 10-2pm**



## Junior Spiritual Empowerment Programme - New multi-faith youth group



**SOUTH BRISTOL**  
JUNIOR YOUTH SPIRITUAL  
EMPOWERMENT PROGRAM

**4:30pm on Mondays**  
**in Ashton**

For more info email:  
[southbristoljunioryouth@gmail.com](mailto:southbristoljunioryouth@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



## SAY Send & You SENDIAS - Youth matters group



SEND and You invite Children and Young People with SEND to join our next Youth Matters Group which will meet on **Monday 15th July at 6pm in our SEND and You office space.**

This is an opportunity for children and young people with experience of SEND to meet, be heard and inform a service focused on meeting their needs.

**We'll be meeting @ 3rd Floor Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB.**

Please do share this event with any young people or service providers that may find our group of interest.

Any questions, please email Jane Franklin, Volunteer Coordinator / Local Area Practitioner (CYP Focus) [jane.franklin@sendandyou.org.uk](mailto:jane.franklin@sendandyou.org.uk)



## OTR - Digital Mind Aid workshops



We have new dates for the next rounds of the **Digital Mind Aid** workshops, which will run over the summer!

Aimed at young people living in Bristol & South Glos struggling with low mood and anxiety, they will be delivered to two separate age ranges - see below. Sign-ups are through the [OTR web-site](#).

Please note: We will be taking sign-ups for the July 11-14 group first. Once this is filled-up/started, we will then proceed to taking sign-ups for the 11-14 August group.

### **MIND AID 11-14**

- **8th of July to 12th of August**
- Mondays 4:30pm – 5:45pm, Online for 6 weeks
- This is for young people aged 11-14

### **MIND AID 15-17**

- **23rd July to 27th of August** for 6 weeks
- Tuesdays, Time TBC, Online for 6 weeks
- This is for young people aged 15-17 and 11 months

### **MIND AID 11-14**

- **8th of August to 12th of September** for 6 weeks
- Thursdays 4:30pm – 5:45 pm, Online for 6 weeks
- This is for young people aged 11-14

**Mind Aid** is for anyone struggling with difficult feelings related to stress, anxiety, low mood, or depression. Learn more here <https://www.otrbristol.org.uk/what-we-do/mind-aid-2/>

1. The workshop will run via ZOOM and YP will have the opportunity to participate via interactive activities and online tools such as quizzes, discussions and videos
2. Participation and the use of mics and cameras are welcome and encouraged but not mandatory
3. Once signed up, the facilitators will get in touch so that young people will know what to expect and will have the opportunity to ask any questions before the first session!

## Step Together Volunteering - outdoor cooking course

Step Together Volunteering

# **“GET COOKING!” OUTDOOR COOKING COURSE FOR YOUNG PEOPLE AGED 16-25**



**5 weeks, 5 meals under £5!**

Our 5 week cooking course will teach a small group of young people in South Bristol how to make 5 nutritious and delicious meals for under £5 each. Each week, the group will prepare, cook and share a meal at the allotment and then will be given the ingredients to recreate the meal at home after each session.

This course is available for young people who are not currently in education, employment or training, and they will need to be able to commit to all 5 sessions. The course will take place at our allotment in Bishopsworth.

We have limited availability, so early booking is essential. To book, contact Mel below or scan the QR code which will take you to our referral page.



**Where:** Bishopsworth, Bristol  
**When:** Start date Thursday 25th July. This course will run on Thursdays every week for 5 weeks, between 11am - 1pm.

For more information contact: Mel Head, Project Manager & Allotment Lead  
07702 811935 | [mel.head@step-together.org.uk](mailto:mel.head@step-together.org.uk)  
[www.step-together.org.uk](http://www.step-together.org.uk)







*Services and  
opportunities  
for  
Parents/Carers*

## Redcatch Community Garden - weekly sessions

### WEEKLY SESSIONS AT REDCATCH COMMUNITY GARDEN

ALL SESSIONS ARE FREE UNLESS STATED OTHERWISE  
(DONATIONS WELCOME)

#### Tuesday

**Art in the Garden 9.30-11.30**  
Art group for adults exploring a variety of techniques in a supportive space

**Gardening for Pollinators 10-12 (Term-time only)**  
For adults, focusing on soft skills and real gardening. Carers & support workers welcome

**Community Lunch 12-1.30**  
Join us for a free lunch in our warm canopy

#### Wednesday

**Happymess 10-11**  
Weekly creative messy play for pre-school children. £4 per child (£3 siblings)

**Knitting & Crochet Group 11.30-1**  
Come and enjoy knitting or crochet. For beginners or professionals

#### Thursday

**Wellbeing in the Garden 10.30-12**  
Supporting adult wellbeing, enabling you to meet others and enjoy being outdoors

**Art Together - For People Living with Dementia 1-3**  
Art Therapy group you can attend with partner/carer

#### Friday

**Tai Chi Qigong Shibashi for over 55s 3-4 and 4-4.45**  
Easy to learn gentle movements to improve balance, flexibility, strength & wellbeing. Beginners welcome - £2 per session

#### Saturday

**Knitting & Crochet Group 11.30-1**  
Come and enjoy knitting or crochet. For beginners or professionals

To book a place please email [Heather@redcatchcg.com](mailto:Heather@redcatchcg.com) or call/text 07858 630507

**[www.redcatchcommunitygarden.com](http://www.redcatchcommunitygarden.com)**

Redcatch Park, Broadwalk, Knowle BS4 2RD



# The Community Farm – Wellbeing courses

## The Community Farm

The Community Farm is a not-for-profit, organic farm that delivers nourishing food across the local area. We aim to grow community as much as we grow food. Every year we welcome more than 1,500 people onto the land for wellbeing courses, social events and volunteering sessions overlooking Chew Valley Lake, just south of Bristol.

### Growing Wellbeing: Restoring People and Place

Our three wellbeing courses, Grow and Make, Wild Steps and Lakeside Wellbeing, sit alongside each other, offering different routes to improved wellbeing for different people with different needs and interests. You can either come to the full course or to one-off days.

#### Grow and Make – Therapeutic Horticulture Programme

**12-week course:** Wednesdays, 10am–3pm. The next course starts on 11th September 2024

**Grow Days 2024:** 24th & 30th July, 14th & 22nd August

Our Gardening for Wellbeing course is underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden and how it connects with the wider webs of life around you. Together, we will nurture and be nurtured by our vegetable patch and forest garden through practical activities supported by theory sessions. We will sow, tend and harvest veg and fruit from the farm, forage in our hedgerows and learn about herbal teas and balms.

#### Wild Steps – Therapeutic Conservation Programme

**New 6 week course:** Thursdays, 11am–3pm. The next course starts on 12th September

**Wild Days 2024:** 9th August | 6th September



Run as a block of 6 structured sessions, the Wild Steps course is framed by the 5 Pathways to Nature Connectedness\*: Contact, Beauty, Emotions, Compassion and Meaning. These sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to other life benefits our own wellbeing.

You'll have the opportunity to develop a range of practical conservation skills for instance hedge-laying, tree and wildflower planting/sowing, building and construction and pond maintenance to care for a mixture of habitats on the farm. These activities are combined with mindfulness, natural crafts, campfire cooking, folklore and seasonal celebrations.

#### Lakeside Wellbeing – Therapeutic mindfulness, movement and creativity programme

**New 6-week course:** Mondays, 10am–3pm. The new course starts on 9th September.

**Lakeside Day 2024:** 12th August

Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing wellbeing practices in The Farm's beautiful setting. The morning will involve nature connection, active practice such as a walk, gentle stretching, and mindfulness practice whilst the afternoon will be for creative practice, including a variety of nature crafts and opportunity for reflection together.

**Register your interest by following the link below and the course leader will give you a call or send you an email to get to know you a bit. Let us know if you would prefer to be called or emailed.** [Wellbeing – The Community Farm](#)





**Let's talk  
about mental  
health**

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

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

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

[www.changesbristol.org.uk](http://www.changesbristol.org.uk)  
[info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)  
0117 941 1123





## Peer Support Groups South Bristol



### **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  
West Street URC, 48 Stanley Street  
BS3 3PG

### **Thursdays**

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

Safe, free, and confidential spaces.  
A chance to connect with others and  
share anything you are facing in your life.  
No referral needed, just show up at the start time.

**More information at [changes.org.uk](https://changes.org.uk)**



## 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](https://www.changesbristol.org.uk) or email the team at: [befriending@changesbristol.org.uk](mailto:befriending@changesbristol.org.uk)

## NHS Talking Therapies – Mental Health support



**NHS**  
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](https://vitahealthgroup.co.uk)
-  0333 200 1893
-  Text 'YOU' to 88802

**Scan to  
self refer**



Service provided by





### Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



### Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.

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



[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)



0333 200 1893



Text 'YOU' to 88802

**Scan to self refer**



**Making People Better in Bristol, North Somerset and South Gloucestershire**



MOTHERS FOR  
MOTHERS

## PARENT & INFANT ART THERAPY GROUP

### When and where

Where: Across North and South  
Bristol Children's Centres

When: Thursday afternoons

How often: course of 8 sessions -  
contact & register with Mothers for  
Mothers if you are interested in  
attending.



### Aim of the group

- To provide a safe space for parents to express and explore feelings and experiences using creative tools.
- Build confidence, self-worth and noticing strengths as parents.
- Use the art making as a way to create opportunities for and support a warm connection between parent and infant.



MARY MADDOCKS  
SESSIONAL ART  
PSYCHOTHERAPIST



JESS COX  
SESSIONAL ART  
PSYCHOTHERAPIST

### If you are interested

Contact Ruth Short at  
therapy@mothersformothers.co.uk OR  
01179359366

Before we can offer you a place in the group,  
we will arrange a time to speak and think about  
whether you feel this group is right for you, and  
your needs, hopes and expectations.

Infants need to be aged between 3months-  
24months



Helpline: 0117 9359366

## STRESSBUSTING FOR PARENTS



This powerful ten-week course is FREE and explores stress that comes from being a parent or carer. Evidence tells us that in moments of stress we cannot easily remember parenting strategies. This course is unique because it trains the brain in a very different way.

By the end of this course, you will have a toolbox of mindfulness practices for every situation that will help you:

**Manage strong emotions. Feel calmer. Be more accepting.**

**Respond to your children calmly in times of stress.**

**Be a more confident parent. Enhance your enjoyment.**

**Create precious moments with your children. Re-discover yourself.**

### **FREE Stressbusting Course for Parents/Carers**

**Taster Session:** Friday 20<sup>th</sup> September 2024 @ 9.30 – 11am

**Course Dates:** Friday 4<sup>th</sup> October for 10 weeks (term time only) until Friday 13<sup>th</sup> December 2024

**Day/time:** Fridays 9.30 am – 12 noon

**Venue:** Hartcliffe Nursery School & Children's Centre, Hareclive Rd., BS13 0JW

**Contact:** Suzanne on 07577 956911 or call Kimberley Taylor, Family Support Office Administrator at the Children's Centre on 0117 903 8633

**Email:** [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com) **Website:** [www.mpcp.info](http://www.mpcp.info)



## Mindfulness for Bristol Parents of SEND Children



### Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers living in Bristol, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment. As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

### Online Mindfulness for Bristol Parents of SEND Children:

**Day:** Tuesdays 9.30 am – 12 noon

**Dates:** 24<sup>th</sup> September – 3<sup>rd</sup> December 2024 (Term time only)

**Via:** Online Zoom

**Cost:** FREE

**Book:** Call Claire-Louise on 07949399633

**Contact:** [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

**Website:** <https://www.mpcp.info>





## SAY Send & You SENDIAS - Annual General Meeting

A graphic invitation for the SAY SEND AND YOU SENDIAS Annual General Meeting. It features a light blue background with several overlapping colored shapes: a yellow circle at the top left containing the SAY logo, a blue rectangle in the middle left with the event title and location, and a yellow rectangle on the right with the date and time. A QR code is positioned in the bottom center, and a line of text is at the bottom left. The text "Join us to hear about our achievements during the past year" is written in blue on the right side.

**SAY**  
SEND AND YOU  
SENDIAS

**Annual General Meeting**

Royal Oak House, Royal Oak Avenue,  
Bristol BS1 4GB

This is a free in-person event but please scan the code to reserve a space on our Eventbrite due to limited spaces.

**Monday 15th  
July 2024  
7.30 - 8.30pm**

Join us to hear about  
our achievements  
during the past year

**You are invited to join us to hear about our achievements during the past year.**

**Date: Monday 15th July 2024**

**Time: 7.30-8.30pm**

**Location: Royal Oak House, Royal Oak Avenue, Bristol BS1 4GB**

**Please feel free to share this invitation with friends, family & colleagues. To join this free event, you will not need to be a member simply register via Eventbrite.**

## Murmuration Community Therapy - Nurture Groups



MURMURATION  
COMMUNITY  
THERAPY



### New SEND Parent Carer Nurture Groups

Starting Tuesday 24th September 2024

Initial Zoom 1 to 1 plus 8 in person sessions.

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

Upper Horfield - Tuesday - 10.30am - 12 noon (1st October)

Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

[To book Horfield click here](#)

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Oldbury Court - Tuesday - 13.00-2.30pm (1st October)

Oldbury Court Children's Centre, Frenchay Rd, Downend, Bristol BS16 2QS

[To book Oldbury Court click here](#)

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT  
MURMURATIONCOMMUNITYTHERAPY.COM



MURMURATIONCOMMUNITYTHERAPY

## SIPCo (Support for Inter-Parental Conflict)

### A Project to Improve Parents' Communication



FREE support  
available  
for one or  
both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then this SIPCo project could help.

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or a local practitioner will help you access online resources which can be used at your own pace. If English is not your first language, translators can be provided.

Please contact Gina Pazienza:



relationshipsmatter@bristol.gov.uk



07721 635376



<https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.  
After applying online, if you do not see our response email, please check your junk/spam folder, then mark relationshipsmatter@bristol.gov.uk as a trusted sender.

Scan QR code to find  
out more





**STAND AGAINST RACE HATE**  
**STAND AGAINST HOMOPHOBIC HATE**  
**STAND AGAINST TRANSPHOBIC HATE**  
**STAND AGAINST BIPHOBIC HATE**  
**STAND AGAINST RELIGIOUS HATE**  
**STAND AGAINST DISABILITY HATE**  
**STAND AGAINST GENDER HATE**

If someone is violent or hostile towards you, just because of who you are, who they think you are, or what you believe in, it's a hate crime. **And that's against the law.**

We're here to give help, support and advice.  
**Our service is free and completely confidential.**

**SEE IT REPORT IT STOP IT**



**STAND  
AGAINST  
RACISM &  
INEQUALITY**



[www.saricharity.org.uk](http://www.saricharity.org.uk) • [hello@saricharity.org.uk](mailto:hello@saricharity.org.uk) • 0117 942 0060 • @SARIcharity

Registered Charity No. 1047699 • Company No. 3060925

## IGNITE – Design a Logo competition

GENERATIONS

**IGNITEPLAN.CO.UK**

EMPOWERMENT

THRIVING | OWNERSHIP | NETWORK | EQUALITY | GENEROSITY | GROWING

INNOVATION | EQUITY | RESILIENCE | REPRESENTATION | COMMUNITY VOICE

# IGNITE COMPETITION DESIGN OUR LOGO



## 1ST PLACE: £50

(AND YOUR LOGO DESIGN BECOMING REALITY)

## 2ND PLACE: £20

## 3RD PLACE: £10

### WHAT IS IGNITE PLAN?

We are a group of residents from Hartcliffe and Withywood who are developing a community plan which sets out what we want to see in our neighbourhood! We believe in making a difference by amplifying the community's voice to influence decision-makers. Our goal is to spark positive changes in our neighbourhood based on what matters to the community.



### RULES

1. Your design must be inspired by our values - the words that frame this poster.
2. Entries via email to [hello@igniteplan.co.uk](mailto:hello@igniteplan.co.uk) or into the drop box in HWCP, BS13 0BE (near Morrisons). Remember to leave contact details if using the drop box.
3. The winning idea will be incorporated in the Ignite Plan's logo. By participating in this competition, you agree for the Ignite Plan to use your work.
4. This competition is open to EVERYBODY, the only requirement is that you are a Hartcliffe or Withywood resident.
5. Winners will be announced in August 2024.

**DEADLINE: 26 JULY 2024**



INCLUSIVITY | TOGETHERNESS | INSPIRATION | PROGRESS

# Tuesday Club



**We're a community club open every Tuesday for anyone who lives in and around the Bedminster area.**

- We have affordable food cupboard essentials for sale for local residents experiencing difficulties.
- Our space can also offer support through our communities team, including social prescribing and finding out about local events.
- Adult digital skills support available.
- Kids corner for under 5's with toys and free refreshments.

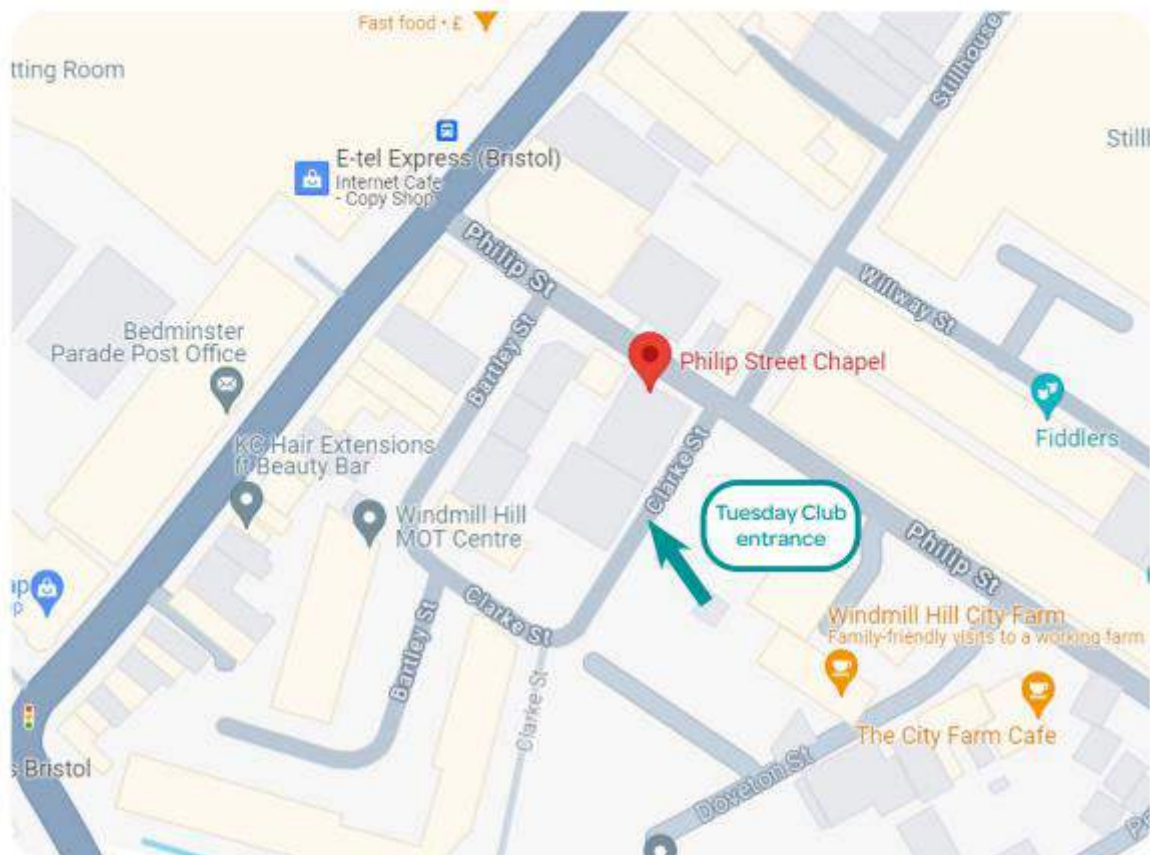


**Get in touch to find out more**  
[info@bs3community.org.uk](mailto:info@bs3community.org.uk)  
0117 923 1039

**Open 9.30 to 4pm**  
**Philip Street Chapel**  
**Clarke Street Entrance**  
**Bedminster**  
**Bristol BS3 4EA**







**Philip Street Chapel**  
**Clarke Street Entrance**  
**Bedminster**  
**Bristol**  
**BS3 4EA**



Philip Street is part of the Bedminster East Residents' Parking Scheme giving easy free parking for blue badge holders.

There is on-street parking in the surrounding streets. Please note parking meters are in operation Monday – Friday 9am to 5pm.

The closest bus stops are on Bedminster Parade (Bus numbers 52, 75, 76, 90, 121, 510, 511 and 672)

## The Harbour Totterdown - services & support for families



### **Services available at The Harbour Formerly Totterdown Methodist Church**

#### **Harbour Tots**

Tuesday 10-11:30am

Voluntary donation £1

Toddler group led by two experienced early years practitioners with refreshments for adults and children, plenty of toys and songs in a very welcoming environment.

#### **Refugee Welcome Hub**

Friday 10-11:30 Term Time Only

Free

Welcoming and supportive ESOL for those at an entry level with direction and support into accredited courses. Support with benefits and housing CV writing, signposting etc.

#### **Brighter Bristol Storehouse**

Contact: 07397 138411

or [brighterbristol@severnvineyard.org](mailto:brighterbristol@severnvineyard.org) for an appointment

Free

Providing great quality baby equipment, children's clothes and household items, completely free of charge to families in need.

#### **Christians Against Poverty**

Contact: 0800 328 0006 to make an appointment

Free and personal debt advice and support covering all South Bristol Postcodes and others. Offering home visits or a variety of locations across the area with befrienders for ongoing support, connection and signposting to other organisations for support.



# 100 Women

This project aims to support women build their confidence and resilience in their personal development journey, as well as offering employability support where appropriate. Eligibility criteria:

- Aged 19+
- Identify as female
- Live in a South Bristol postcode
- Not currently in paid work

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

Contact the South Bristol Development Worker Team on:

[100women@bristol.gov.uk](mailto:100women@bristol.gov.uk)



## Community Learning Computer Skills for Work course (Stockwood)



**COMPUTER SKILLS**

# Computer Skills for Work

**12:45—14:45PM. Thursdays**  
**STARTS 19<sup>th</sup> September for 6 weeks – Stockwood Children's Centre**

This free course will help you to become more confident in Word, Excel and Powerpoint. We will learn how to make posters in Word, understand Excel features and how to create a presentation in Powerpoint.

**For more information and to book please contact:**  
[Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk) Phone: 07785 702454

**Eligibility: Adults aged 19+, not working with few or no qualifications.**

 **WEST OF ENGLAND**  
Combined Authority

 **COMMUNITY LEARNING**

[communitylearningwest.net](http://communitylearningwest.net)  
[lctinfo@bristol.gov.uk](mailto:lctinfo@bristol.gov.uk)  
01172 510230



## Thinking about the next step?

**Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering.**

**Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.**

**Contact: [adder\\_project@bristol.gov.uk](mailto:adder_project@bristol.gov.uk)**

**Eligibility: Aged 19+**

Community Learning – Course Enrolment & Information Day  
(Hartcliffe)

**FREE Courses with Community Learning  
ENROLMENT & INFORMATION DAY  
TUESDAY 10th September**

**Come Between 8.30am and 12.00pm  
Hartcliffe Nursery School and Children's Centre  
BS13 0JW**

**Courses running from September 2024**

**In Hartcliffe**

**English Qualification**

**Maths Qualification**

**Level 1 Award in Health & Social Care**

**Basic IT**

**IT for Work**

**Information on other courses available**

**Find out about Hartcliffe City Farm and**

**Level 1 Horticulture Course**



**EMPLOYMENT  
SKILLS &  
LEARNING**



**communitylearningwest.net**

**01172 510230**



**FREE ESOL Courses with Community Learning  
Assessment Day for ESOL Courses  
Tuesday 10th September  
12.30 until 3.00pm  
Hartcliffe Nursery School & Children's Centre  
BS13 0JW**

**Come along and complete  
ESOL Assessment  
Find out about ESOL  
Courses in South Bristol  
Get information on local  
Conversation Clubs**

## **FREE ESOL courses with Community Learning**

**Enrolment & Assessment Day**  
**Wednesday 11th September**  
**The Park Centre, Daventry Road BS4 1DQ**

**Come and enrol and complete your  
assessment between 12.30 to 3.00pm**

### **ESOL for Computers on Mondays**

Build your skills using computers and improve  
your English on this 11-week course

### **ESOL for Everyday on Wednesdays**

Improve your reading, writing and speaking in  
this 11-week friendly course.



**EMPLOYMENT  
SKILLS &  
LEARNING**



**communitylearningwest.net**



**01172 510230**

## Community Learning - ESOL English class Registration Day



# English Class Registration Day

Want to find out your English level and hear about local free ESOL and Functional Skills course opportunities?

Come to a 2024 English assessment and registration event:

- **12:30pm Monday 9 September Faithspace, BS1 6PB**
- **10am Thursday 12 September Faithspace, BS1 6PB**
- **10am Friday 13 September, Bedminster Children's Centre, BS33BZ**

Aged 19+ only.

Call 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

Priority will be given to people eligible for government benefits or do not yet have a level 2 qualification.



[communitylearningwest.net](https://communitylearningwest.net)  
[ictinfo@bristol.gov.uk](mailto:ictinfo@bristol.gov.uk)  
01172 510230



## HWCP - Safeguarding Awareness training



# Safeguarding Awareness





Melanie Monaghan Training and Consultancy  
Supporting People to Thrive

WEDNESDAY 24TH JULY 2024  
12:00PM - 2:00PM  
THE SYMES RESOURCE CENTRE,  
BS13 0BE



PLEASE SCAN  
THE QR CODE  
TO BOOK YOUR  
SPACE







## **HARTCLIFFE RESIDENTS DISABILITY GROUP**

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

**Dates:**

- June 28th
- July 12th & 26th
- August 9th & 23rd
- September 13th & 27th
- October 11th & 25th
- November 8th & 22nd
- December 13th

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

**SYMES  
RESOURCE  
CENTRE  
BS13 0BE**

