

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*

224 Youth Zone - Opening June 2026



224 YOUTH ZONE: OPENING JUNE 2026 IN SOUTH BRISTOL

An **OnSide** Youth Zone

Memberships for 224 Youth Zone are now LIVE! Young people can now sign up to become members of 224 Youth Zone and be among the first through the doors when we open this summer.

Join now for exclusive access to our soft launch phase for £5.00 per year.

Members Can Enjoy:

- Indoor climbing wall
- 3G Outdoor Pitch
- Fully equipped gym
- Dance & drama studio
- Music room
- Arts and crafts room
- Training kitchen
- Martial arts gym
- Enterprise suite
- Health & wellbeing room
- And so much more!
- Scan the QR code to join!

**2day
2morrow
4ever**



South Bristol Play Sessions

LPW

The Grove

Mondays Term Time - 3:15 - 5:15 pm

The Grove, 27A Cheddar Grove, Bristol BS13 7EN
Sports, Games, Crafts
Ages 8-13

The Big Hideout

Wednesday - Friday Term Time 3 - 5 pm

The Big Hideout Adventure Playground, Teyfant Road,
Hartcliffe, BS130RF
Crafts, Activities, Hot food
All Ages, Under 8s must be supervised

Hartcliffe Play

Tuesdays Term Time 3:15 - 5:15 pm

Willmott Park, 77 Fulford Rd, Bristol BS13 0AA
Crafts, games, Sports
Ages 8-13

Free to all!

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

For more information
contact Emma:
07717816849

Redcatch Community Garden May half term Timetable



More information &
booking via QR code



Tuesday 26th May
9.30-10.45pm

Disney Princess with Belle

Join Disney's Belle for a fun afternoon of dancing, bubbles, games & fun!
£8.50 per child (includes drink & snack)

Tuesday 26th May
14:30 - 16:30

Junk Modelling

Get creative at our upcoming Junk Modelling session this Half term
For kids aged 3-10
£3.00 per child.

Wednesday 27th May
10.00-14.00

We are RCG

Join us for an exciting free day of celebrating the Garden's cultural activities including a singing performance at 11.30 with local schools
FREE EVENT

Thursday 28th May
9.15-10.15 &
11.15-12.15

George's Marvellous Science

Step into wonderful world of experimentation with George's Spring Science Workshops!

£6.50 per child

Friday 29th May
10.30-11.30 &
12.30-1.30

We the Curious

Have a go at making your own creative little bot using felt pens and simple circuits

For Kids aged 5-12
FREE EVENT

Roots & Garden open daily from 9:30am-4:30pm

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



Heart of BS13 - Flower crown making free half-term workshop



FREE HALF TERM WORKSHOP - FLOWER CROWN MAKING

**TUES 26 MAY 1PM-3PM
AT THE FLOWER FARM, BS13**

FOR 8-12 YEAR OLDS LIVING IN BS13 & SURROUNDING AREAS

**TO BOOK SIMPLY SCAN THE QR CODE
OR VISIT OUR WEBSITE WWW.HEARTOFBS13.ORG.UK/WHATS-ON/**



[Heart of BS13 | Charitable Organisation in Bristol](http://www.heartofbs13.org.uk)

Heart of BS13 - Sunflower planting free half-term workshop



FREE HALF TERM WORKSHOP - SUNFLOWER PLANTING

**TUES 26 MAY 10.30AM-12.30 PM
AT THE ROUNDHOUSE, BS13**

FOR 8-12 YEAR OLDS LIVING IN BS13 & SURROUNDING AREAS

**TO BOOK SIMPLY SCAN THE QR CODE
OR VISIT OUR WEBSITE WWW.HEARTOFBS13.ORG.UK/WHATS-ON/**



[Heart of BS13 | Charitable Organisation in Bristol](http://WWW.HEARTOFBS13.ORG.UK/WHATS-ON/)

*Services and
opportunities
for
Parents/Carers*

Windmill Hill City Farm - What's in offer in BS3



What's on at Windmill Hill City Farm:

Supper Club

Every Tuesday evening in The Farm Cafe, 5-7pm.

Free meals for everyone

More information: [Supper Club – Windmill Hill City Farm Bristol](#)

One World Garden

Every Wednesday, 1-2:30pm

Free gardening sessions

More information:

[Free Gardening Sessions - One World Garden – Windmill Hill City Farm Bristol](#)

Other:

WHCF: Advice Lounge

Our new advice lounge is launching in April, a free, safe space for local community members to receive expert support on housing, debt, and mental health. Located at Windmill Hill City Farm in Bedminster, we will be working with partners like Age UK, Housing Matters, and the Centre for Sustainable Energy.

[We are proud to introduce: The Advice Lounge – Windmill Hill City Farm Bristol](#)

New Nurture Group starting this spring

WHCF offer nurture sessions for small groups and 1:1 sessions for education and wellbeing.

Contact the education team for more information:

[School Visits – Windmill Hill City Farm Bristol](#)

Windmill Hill City Farm, Philip Street, Bedminster, Bristol BS3 4EA. Tel: 0117 963 3252

Heart of BS13 - Free Fun Family Big Lunches



FREE FUN FAMILY BIG LUNCHES

**12-2PM ON FRIDAY 22 MAY, 19 JUNE, 17 JULY & 25 SEPT
AT HARTCLIFFE CITY FARM, BS13 0QH**

**OPEN TO BS13 FAMILIES WITH SCHOOL AGED CHILDREN AND UNDER.
JOIN US FOR A DELICIOUS CHEF-MADE LUNCH, MEET FRIENDS AND LET THE CHILDREN LOOSE IN THE PLAYBARN.**

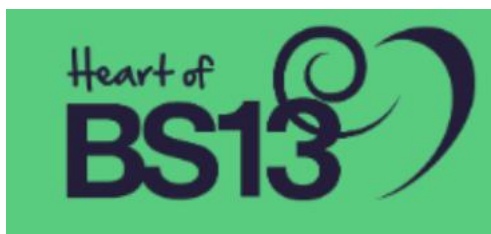
TO BOOK EMAIL: JODIE.SMITH@HEARTOFBS13.ORG.UK

**FOR MORE INFORMATION SCAN THE QR CODE
OR VISIT OUR WEBSITE WWW.HEARTOFBS13.ORG.UK/WHATS-ON/**



[Heart of BS13 | Charitable Organisation in Bristol](#)

Heart of BS13 - Volunteer with Heart of BS13



We are looking for local residents to volunteer with us at the Heart of BS13 flower farm at Hartcliffe City Farm, BS13. We have opportunities across our 1-acre sustainable flower farm and with our closed loop compost project.

By volunteering, you will not only be spending time outdoors learning about gardening and compost, but you'll also meet new people and gain friendships whilst contributing to our community enterprise.

The volunteer placements can also lead to further accredited training and green skills whilst developing your employability skills.

To find out more search online for "community volunteering at Heart of BS13" or visit

<https://www.heartofbs13.org.uk/get-involved/community-volunteering/>

We are RCG



Join us for an exciting day of celebrating the Garden's cultural activities, featuring free taster sessions and a community song with Music Train!

Weds 27th May 2026
10am-2pm



Everyone welcome, no booking required

Neurodiverse Creatives 10-11am

10-11am

Wellbeing in the Garden

10:30-11:30am

Woodworking

All day art exhibition inspired by cultural conversations

Knitting & Crochet 11-11:30am

Free Tasters!

Tai Chi 12-12:30pm

11:30am-12pm

Music Train & Community Song



12:30-1pm

Theatre Workshop



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



Redcatch Community Garden - Weekly sessions at the Garden

WEEKLY SESSIONS AT THE GARDEN

All free for the community unless otherwise stated (donations welcome!)

Did you know?
We also run weekly drama groups, a woodworking group and much more. Email address below for more info!

MONDAY

Art in the Garden 
1:15-3:15pm
A group for adults exploring a variety of techniques in a supportive space.

WEDNESDAY

Happymess Hub 
10-11am (Book via QR)
Relaxed morning of play and discovery for 0-4 year olds & their parent/carer.

Knitting & Crochet Group 
11:30am-1pm
Love or want to try knitting or crochet? Join us! Suitable for all.

Pain Café 
2-3:30pm A local group for people who live with pain.
For those who belong to Nightingale Valley Practice, Priory Surgery, Stockwood Medical Centre, Wells Road Surgery or Birchwood Medical Practice, or who meet specific referral criteria (email Cath at address below for more info).

FRIDAY

Tai Chi Qigong Shibashi w/ Jayne 
3-3:45pm (50+) / 4-4:45pm (All, 18+)
Easy to learn, gentle movements to improve balance, flexibility, strength & wellbeing. Beginners welcome! £3 per session.

TUESDAY

Tuesday Garden Group 
10am-2pm (term-time only)
19+, soft skills and gardening. Carers & support workers welcome!

Community Lunch 
12-1:30pm
Join us for our free weekly lunch!
Vegan and GF options available

THURSDAY

Wellbeing in the Garden 
10:30am-12pm
A group for adult wellbeing to meet others and enjoy being outdoors.

Art Together 
1-3pm
An art group for people living with dementia and their partners/carers.

SATURDAY

Knitting & Crochet Group 
11:30am-1pm
Love or want to try knitting or crochet? Join us! Suitable for all.

Events with  : please pre-book by emailing cath@redcatchcg.com

Events with  just show up!

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



Redcatch Park - The Big Picnic 27th June 2026

The Big Picnic 26

We're putting the unity in community

Redcatch Park

Sat 27th June
7am-8pm

A Free Community Event For All The Family

- Sunrise & Sunset Balloon Launch
- Live Music from Midday
- Community Stalls
- Sports & Fitness Sessions
- Kids Crafts & Entertainment
- Food, Bar, Ice Cream & Much More...
- **£1 Grand Raffle - Win a Balloon Flight for Two!**

SCAN FOR RAFFLE

Kindly Sponsored by

southbristolvoice BRISTOL BEER FACTORY BR Sound SKY HIGH BALLOONING

matthews CONEXUS exb HUNTERS

*This event is subject to weather, BIC licensing and site permissions approval | www.friendsredcatchpark.com

Oasis Community Hub - Food Pantry in Knowle



OASIS COMMUNITY HUB FOOD PANTRY

EVERY TUESDAY 9.00-10.30AM

Please bring your own bags. Cash and Card payments both accepted.

Why Visit Us?



Cheaper Shopping Bill

Pay just **£4** to choose
£10-15 worth of food a
week



Socialise, Meet New People

An opportunity to chat in
our Snug room, meet
others in your area



Sense of Community

Find out what else is
going on in the area,
things to do and events



Choice of Variety of Foods

Fresh fruit and veggies,
store cupboard and
essential items



Where?

Oasis Community Hub,
Melvin Square, Knowle,
BS4 1NH

✉ liz.rose@oasisuk.org

📞 07386684620

Bristol Family Hubs - Drop-in support sessions for families



Bristol Family Hubs are here to support all families in Bristol with children from 0-19 (25 with SEND)
You do not need to have a child already attending a Family Hub - all families are welcome.

Pop along to one of our Drop-Ins to find out how we can help.

Drop-In
The Symes Resource Centre (HWCP)
BS13 0BE
Every Wednesday
9am - 11am

Drop-In
The Gatehouse Centre Café
BS13 9JN
Every Thursday
9am - 11am

If you would prefer to speak to us directly, you can contact your Family Hub Navigators by: -
Email: southfamilyhub@bristol.gov.uk
or calling/texting
Diane: 07387 056301
Sam: 07787 128580

<https://www.bristol.gov.uk/bristol-family-hubs>



South Bristol Family Hub
20th April 2026 – 22nd May 2026

Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.

To access our free services just pop in and see us, give us a call, send an email or check out our Facebook pages or website. No booking required unless stated.

Facebook: southbristolchildrenscentrehub
Email: SBFH@bristol.gov.uk
Website: www.southbristolcc.org.uk

To register interest in any of our parenting groups please visit this link <https://forms.gle/tTWypDqXzL9PoQ3j6>

 Facebook..  Website..



Parenting Courses

Nurture, Parenting Puzzle, Incredible Years, Circle of Security and Welcome to the World.
***Booking required** Register your interest for the parenting courses using the QR code below.



Infant Feeding Groups

Peer support groups, and a chance to get advice and support around feeding and what works best for parent and baby.
*** Drop-in sessions.**

New Parents Group

Join a safe, fun and welcoming group for new parents. Connect with others who are navigating the joys and challenges of parenthood. Whether you want to share your experiences, ask questions or simply build new friendships, this is a space where you will feel supported and understood. 9 Week programme.

***Booking Required**

To book go to

sbfh@bristol.gov.uk or telephone
0117 3746362

Hello Baby

A free four-week course to help you prepare for the birth of a baby.

The course will help you prepare for the birth experience, and for the early days after having your baby. Get to know your baby and how to give them the care and comfort they need. Understand more about feeding your baby and the support available to you.

***Booking required**

Book via www.eventbrite.co.uk

Baby Hubs

An opportunity to see the Health Visitor for advice, and scales will be available for you to use. Breastfeeding support and members of the team are on hand to share information. Suitable for parents/carers of children 0-5 years.

*** Drop-in sessions.**

Learn and Play Together (Baby/Toddler Peep)

A group for parents and carers, and children to learn together through playing, listening, talking, singing and sharing books. Make new friends, find support, and discover fun ideas for playing and learning together at home. **Baby Peep** for families with children 0-12 months and **Toddler Peep** 1-3years
***Booking required** Register your interest in any of the peep groups using the QR code below.

Learn and Play Together – on the move! (Peep 18 mths-5)

Hengrove Leisure Centre. Suitable for ages 18 months to 5.

An active group exploring movement and physical development in the early years. Explore different topics around movement and healthy food for life.


***Booking required** Register your interest in any of the peep groups using the QR code below



Young Parents

A group for parents and expectant parents under the age of 23 who would prefer a group with younger participants. Come and join in playing and exploring with your child.

***Drop-in sessions**

Location	Monday	Tuesday
Hartcliffe Hareclive Road Hartcliffe BS13 0JW 0117 9038633	Childminders 9:30-11:00 Foxes Cabin *Drop in session Young Parents Group A group for parents and expectant parents under the age of 23. 1:00-2:30 Foxes Cabin *Drop in session	Community Learning Badgers Room *Booking Required Learn and Play Together (Baby Peep) 09:30-10:45 Foxes Cabin *Booking Required
Stockwood Whittock Rd, Stockwood BS14 8DQ	Hello Baby Antenatal Group 1:30-3:30 *Booking Required	New Parents Group 10-11:30 *Booking Required Baby Hub @ Whitchurch Health Centre 1st Tuesday of every month. 1:30-2:30 *Drop in session
Knowle 1 Marshall Walk Inns Court, Knowle BS4 1TR 01173-532036	Rainbows for SEN Children 9:30-11:00 *Drop in session Learn and Play Together (Toddler Peep) 1:30-2:45 *Booking Required	Baby Hub 9:30-11:00 *Drop in session Infant Feeding Group 11:15-12:45 *Drop in session Learn and Play Together (Baby Peep) 1:30-2:45 *Booking Required
Bishopsworth 2 Lakemead Grove, Bishopsworth BS13 8EA 01179-781028		Baby Hub 9:30-10:30 1st Tuesday of the month. *Drop in session Infant Feeding Group 10:30-12:00 *Drop in session
Bedminster British Rd entrance, Bedminster, Bristol BS3 3BZ 01173-746362	Childminders 9:30-11:00 *Drop in session Rockabye 10:00-11:15 *Booking Required	

Wednesday	Thursday	Friday
<p>Baby Hub 9:30–10:30 Cubs Room *Drop in session</p> <p>Infant Feeding Group 10:30–12:00 Cubs Room *Drop in session</p> <p>Mothers for Mothers 10:00–12:00 *Drop in session</p>	<p>Rainbows for SEN Children 9:00–11:00 Foxes Cabin *Drop in session</p>	<p>Stay and Play For children 0-5 years 9:30-10:45 Foxes Cabin *Drop in session</p> <p>Hello Baby. Antenatal Group. Badgers Room 2:00-4:00 *Booking Required</p>
<p>Learn and Play Together – on the move! (Peep 18 mths-5) Hengrove Leisure Centre 10:00-11:15 *Booking Required</p> <p>Food Club 9:30-11:30</p>	<p>Stay and Play For children 0-5 years 9:30-10:45 *Drop in session</p> <p>Baby Hub 2nd and 4th Thursday of the month 9:30-10:30 *Drop in session</p> <p>Infant feeding group 9:30-10:30 *Drop in session</p>	
<p>Hope Creative Mins Bristol Beacon 10:30-12:00 Support Group for Foster Carers of children 0-5yrs. *Booking Required Contact Lu Bristow Tel 0117 204 7124</p>	<p>New Parents Group 10:00-11:30 *Booking Required</p> <p>Mums in Mind 12:30-2:30. *Booking Required Contact: Tanya Chiddy 0117 9501170 to book.</p>	<p>Postnatal Rockabye 10:00-11:15 Starts 24th April *Booking Required</p> <p>Food Club 1:00-3:00</p>
<p>Postnatal Rockabye 10:00-12:00 *Booking Required</p>	<p>Saturdays Hartcliffe Family Hub Dad's Rock with Evolve Music 10:00-11:30</p> <p>For more information email Emma@evolvemusic.org.uk</p>	
<p>Stay and Play For children 0-5 years 9:30 -10:45 *Drop in session</p> <p>Redcliffe Food Club 1:00–2:30 Faithspace BS1 6PB</p>	<p>Baby Hub 10:00–11:30 *Drop in session</p> <p>Learn and Play Together (Baby Peep) 1:30-2:45 Starts *Booking Required</p>	<p>Infant Feeding Group 10:00-11:30 *Drop in session</p> <p>English Functional Skills To find out more please contact lorraine.vasili@bristol.gov.uk 07721702872</p>

SAY SEND AND YOU SENDIAS - Information, Advice & Support around
SEND



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:
support@sendandyou.org.uk
Or call us:

NEW phone number from 1 April 2026: 0117 992 6009
Our old number will redirect until 31 May 2026



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 Topic of the month is Transitions for Children and Young People with SEND

This series aims to help parents and carers to prepare for transitions such as moving between phases of education or settings. It contains impartial information based on SEND Legislation and Statutory Government Guidance on the duties on Local Authorities in supporting you and your child at these times as well as practical tips on things you may find helpful.

Scan the QR code to find out more or visit:
<https://www.sendandyou.org.uk/transitions-for-children-and-young-people-with-send/>



SAY SEND AND YOU SENDIAS - SEND June drop-in session in Hartcliffe



Bristol drop-in for Special Educational Needs and Disability Advice



SAY
SEND AND YOU
SENDIAS

@Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE



Thursday 4th June 2026

The session is from 12:30-2pm and will be with our trained SEND practitioner. No need to book, just turn up!

We can provide advice and support on education issues such as SEN support in schools, EHCPs, exclusions, your legal rights and signposting to other helpful services.

Bristol Parent Carer Forum will also be offering a drop-in session if you would like to come along for a chat with people who understand.



SAY SEND AND YOU SENDIAS - SEND July drop-in session in Hartcliffe



Bristol drop-in for Special Educational Needs and Disability Advice

SAY
SEND AND YOU
SENDIAS

@Symes Resource Centre, Peterson Avenue, Hartcliffe, BS13 0BE



Thursday 2nd July 2026

The session is from **12:30-2pm** and will be with our trained SEND practitioner. No need to book, just turn up!

We can provide advice and support on education issues such as SEN support in schools, EHCPs, exclusions, your legal rights and signposting to other helpful services.



Bristol Parent Carer Forum - Support sessions for parent carers



Free online & in person support sessions

Did you attend our Together for SEND event in March?

Give us your feedback!



Self Compassion for Single Parent Carers

The Park Centre
Knowle, BS4

Friday 8th & 15th May
10AM-12:15PM



Peer Support

Online

Tuesday 12th May
7PM-8PM



Let's Talk About Resource Bases

Online

Wednesday 13th May
10AM-11:30AM



Scan here for details on these sessions and more



<https://linkbristolparentcarers.org.uk/gethelp>

Peer Support

Fishponds Old Library
Thursday 14th May
9AM-11AM

Inns Court, BS4
Thursday 14th May
10:30AM-12:30PM

Greenway Centre, BS10
Thursday 21st May
9:15AM-10:30AM

Global Majority SEND Session

Junction 3 Library
Easton, BS5

Thursday 14th May
10AM-12PM



Mental Health and Wellbeing Support

Online

Wednesday 20th May
7PM-8PM



Confidence and Resilience for Parent Carers

Online

Thursday 21st May
7PM-8:30PM



WorkWell West - Support with employment



WorkWell West – support that fits around real life

Looking after your health, your family, and your job can feel like a lot. If a recent health issue or disability is making work harder than it used to be, you don't have to deal with it on your own.

WorkWell West helps people access local support so they can start work, stay in work, or move into something new – without adding extra pressure to everyday life. We focus on early support, stepping in before things feel overwhelming, and working with you to create a plan that fits your health, your work, and your family commitments.

We're here for people who:

- Live in Bristol, North Somerset, or South Gloucestershire (or are registered with a GP in these areas)
- Are of working age (16–65)
- Have a health condition or disability
- Are struggling to stay in work, return to a job, or find new employment

A “health condition” can mean lots of different things – and you don't need medical proof. You might be:

- Dealing with stress, burnout, or anxiety
- Neurodivergent, or think you might be
- Managing aches, pains, or ongoing physical issues that affect daily life

If your health is affecting your ability to work, we can help.

We specialise in supporting people with recent health conditions, or ongoing conditions that have started to affect them more. Our support is personalised, practical, and centred around what matters most to you – whether that's balancing work with family life, looking after your wellbeing or planning your next steps.

If you feel that this programme would be suitable for you then please do complete a [Referral form on our website](#). You can also email us at workwell@bristol.gov.uk or call us on 0117 922 3623 if you have any questions.

Mindful Parenting and Community Project - Love and Limits online workshop



**Love and Limits
(Setting Limits)**

Mindfulness tools for calmer,
more connected parenting

Online Workshop
Friday 5th June 9:30 - 11am
and
Wednesday 17th June 6-7:30pm
Via Zoom

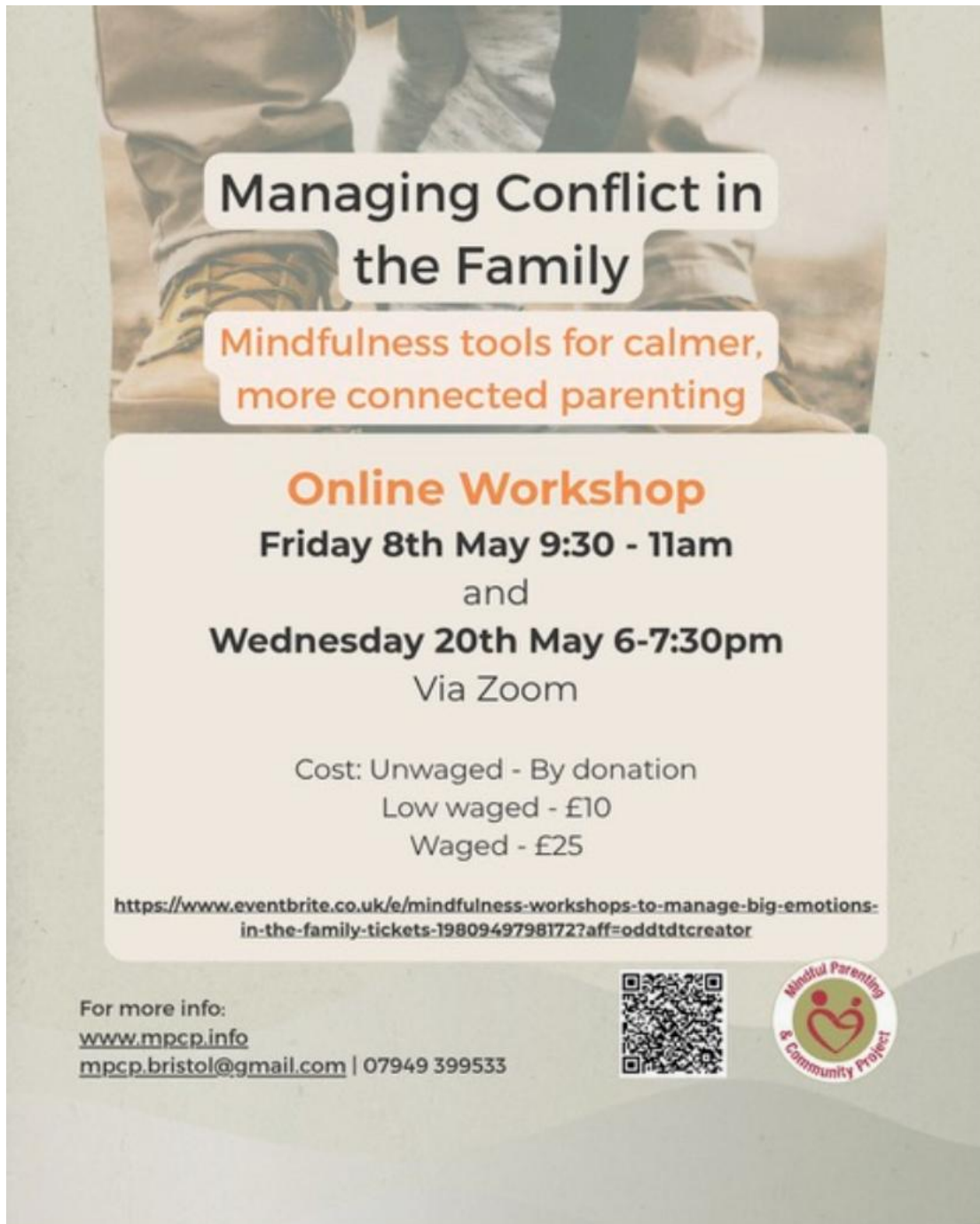
Cost: Unwaged - By donation
Low waged - £10
Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

For more info:
www.mpcp.info
mpcp.bristol@gmail.com | 07949 399533



Mindful Parenting and Community Project - Managing conflict in the home online workshop



Managing Conflict in the Family



Mindfulness tools for calmer, more connected parenting

Online Workshop
Friday 8th May 9:30 - 11am
and
Wednesday 20th May 6-7:30pm
Via Zoom

Cost: Unwaged - By donation
Low waged - £10
Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

For more info:
www.mpcp.info
mpcp.bristol@gmail.com | 07949 399533



Fearless - Speak up about crime anonymously



What is Fearless?

We know it's difficult to speak up about crime – so we've tried to make it easier for young people to share what they know and help keep our communities safe.

'If you have information about crime, such as a drug dealer or someone who is exploiting young people, or you know someone who is carrying a knife? you can give that information to us – 100% Anonymously via www.fearless.org/en/give-info This means that no one will know you gave us the information. We pass that information on to the police so that we can all help create the type of communities that are safe for everyone. You can also get information about what to do if you think you are involved in crime or a victim of crime and want help'

www.fearless.org

*Services and
opportunities
for young
people*

Kings Trust - Get Started with Cooking course



GET STARTED WITH COOKING

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in the food industry.

Find out more via email:
outreach.bristol@kingstrust.org.uk



ON THIS COURSE YOU'LL:

- Learn different cooking and food preparation techniques.
- Visit local food producers and suppliers.
- Design and cook a feast menu to celebrate at the end of the week.
- Receive up to six 1-1 support sessions with the King's Trust post-programme.

DATES FOR YOUR DIARY:

Taster day: 2 Jun 2026

Course dates: 8 Jun - 12 Jun 2026

Express interest by: 27 May 2026

Location: Easton, Bristol

Eligibility criteria: 16 - 30 years old, not in employment, education or training.

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 - while working towards Volunteering Certificates to mark your volunteering hours at the allotment.

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



**STEP
TOGETHER**





BE YOURSELF & BE CREATIVE

These Monday groups are aimed at those who are aged 11-16yrs who have anxiety, are neurodiverse (diagnosed or non-diagnosed) and are not able to currently access full-time education. Both groups will be led by the interests of the young people.

✔ Be Yourself: Mondays 12-1pm

This is an opportunity to share interests, cook and chat. The session is led by experienced Session Practitioners and would be particularly appropriate for those with high energy who may need space and support to socialise.

✔ Be Creative: Mondays 2-3pm

This is an opportunity to craft, create and chat in a calm and supported environment. The session is led by experienced Session Practitioners.

Spaces are limited and booking is essential: Please email for more information

THE
HARGREAVES
FOUNDATION

These groups are funded by the Hargreaves Foundation



Redcatch Community Garden
BS4 2RD



sophie@redcatchcg.com

Young Carers Service - 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 958 9980; youngc@carersbsg.org.uk; f @youngcarersbsg



Our Young Carers Service provides help and support for children and young people aged 5-17 years in Bristol and 8-17 years in South Gloucestershire, along with their families and professionals 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 we provide support to develop and fulfil their future plans.

Our support provides opportunities for young carers to try out different tools and techniques to help strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when they need it, and realise 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 groups meeting emerging needs)
- ★ Respite activities, including trips, creative, physical and nature-focused sessions.

- ★ Free Family Days Out passes to Bristol Zoo Project, Noah’s Ark Zoo Farm and We the Curious
- ★ Bi-weekly Young Carer youth groups for 12+ year-olds who are in secondary school, run in three localities in partnership with Creative Youth Network:



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Monday 5.30-7.30pm @ 224 YouthZone, Hartcliffe Way, Knowle
- Central and East: Every other Tuesday 5.30-7.30pm @ The Swannery Youth Centre, Morley Street, Barton Hill

Transport is provided to those who need it. Contact Connie Howard-McCombe for further information: connie.howard-mccombe@creativyouthnetwork.org.uk or **07759 839941**.

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 often have struggles in school, including being late, frequent absences, being bullied, and feeling isolated and anxious. We have a dedicated schools’ worker who can support schools in identifying young carers and improving the support they offer them. 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 carer group
- ★ Advice on policies and procedures

Referral forms for our service are on our website:

[Carers Support Bristol and South Gloucestershire](#)

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